METABOLIC NUTRITION PROGRAM

Sweet and Sour Butternut Squash—4 Servings

Adapted from Madhur Jaffrey at http://well.blogs.nytimes.com

This dish belongs to a category of Bangladeshi foods known as bharats. Part relish and part vegetable dish, they add extra flavor to a meal.

Per Serving: 170 Calories, 1.7 gm Protein, 11 gm Fat, 18 gm Carbohydrates

1 teaspoon salt
1/8 teaspoon cayenne pepper
1 tablespoon plain low-fat yogurt
A generous pinch of ground asafetida
1/2 teaspoon whole brown or yellow mustard seeds
4 cups (1 1/4 pounds) peeled and seeded butternut squash, cut into 1-inch cubes
3 tablespoons olive oil
2 tablespoons chopped cilantro
1 1/2 teaspoons sugar

Directions
1. Pour the oil into a frying pan and set over medium heat. When hot, add the asafetida and mustard seeds. As soon as the mustard seeds start to pop (only a few seconds), add the squash. Continue to cook, stirring, for about 3 minutes, or until the squash pieces just start to brown.
2. Add 1/4 cup of water, cover with lid, turn heat to low, and cook for about 10 minutes, or until the squash is tender.
3. Add the salt, sugar, cayenne pepper and yogurt. Stir and cook, uncovered, over medium heat until the yogurt is absorbed and no longer visible. Sprinkle in the cilantro and stir a few times. Makes 4 servings.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Container Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 170</td>
<td>Calories from Fat 100</td>
</tr>
<tr>
<td>Total Fat 11g</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 590mg</td>
<td>25%</td>
</tr>
<tr>
<td>Total Carbohydrate 18g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
</tr>
</tbody>
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Vitamin A 300%  •  Vitamin C 50%
Calcium 8%  •  Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000  •  2,500

Total Fat  •  Less than 65g  •  80g
Saturated Fat  •  Less than 20g  •  25g
Cholesterol  •  Less than 300mg  •  350mg
Sodium  •  Less than 2,400mg  •  2,800mg
Total Carbohydrate  •  300g  •  375g
Dietary Fiber  •  25g  •  30g

Calories per gram:
Fat  •  Carbohydrates  •  Protein