

BUTTERNUT SQUASH



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Butternut Squash Hash

INGREDIENTS

- 2 cups butternut squash, peeled, ¼" dice
- 1 cup red potato, ¼" dice
- 2 Tablespoons + 2 Tablespoons oil
- 1 cup onion, cut into short, thin strips
- ½ cup apple, ¼" dice
- 1 Tablespoon fresh sage, chopped
- 1 teaspoon fresh parsley, chopped

PEAK SEASON

September–December

DIRECTIONS

- 1** Peel and dice squash, dice potatoes, and combine in a large bowl. Add 2 Tablespoons oil (or enough to coat evenly) and then season well with salt and pepper, tossing and mixing the potatoes and squash to season them evenly. Roast in a 425 degree oven for 5-10 minutes, or until browning but not crispy. Remove from the oven and allow to cool.
- 2** Heat 2 Tablespoons oil in a large sauté pan over medium-high heat. Add the onions, and cook, stirring periodically, until they have begun to caramelize and sweeten. Add the apple, and continue to cook for 2-3 minutes.
- 3** Add squash, potatoes, sage, and parsley; stir well and allow to heat through and become crispy around the edges. Season to taste.

Note: Hashes are another version of “leftover soup,” made with potatoes and whatever other things you might have handy. Try adding root vegetables, chopped cooked beef or pork, or even hardy greens like kale in to adapt the flavor to your liking.

Recipe provided by
Eastern Market Chef
Aaron Egan

