

Abobora Japonesa Sauté

Serves 12

2 pounds abobora japonesa or other hard squash (about ½ abobora)
3 medium onions, chopped
5 cloves fresh garlic, chopped
2 tablespoons olive oil or vegetable oil
3 cups water
1 teaspoon hot peppers, chopped (optional)
Salt and pepper to taste (optional)

1. Peel and cut abobora or squash into cubes.
2. Heat oil in skillet.
3. Sauté onion and garlic.
4. Add abobora or squash and stir for one minute
5. Add water and cook until slightly firm, turning often.
6. Add salt and pepper to taste, if desired.

*For more information on Brazilian crops,
visit: www.worldcrops.org.*

Nutrition Facts:

Serving size: ¾ cup; Calories: 70; Fruits and Vegetables: 2 servings; Fat: 2.5 g; Fiber: 2 g



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