

# Judi's Recipe Club



## Spiralized Butternut Squash and Apples with Lentils and Maple-Balsamic sauce

Spiral slicers turn butternut squash into super-quick cooking "noodles": two to three minutes in a pan, and the orange curls are ready to star i delicious lentil dinner.

### Cooking Instructions

1. Stir together maple syrup, lemon juice and balsamic vinegar in a small bowl and set aside.
2. Cut butternut squash into noodles with small-toothed blade on spiral slicer (you should have 2 cups). Cut apple into small noodles with the same blade (you should have 1-1/2 cups)
3. Heat oil in a large skillet over medium heat. Add squash noodles and season with salt, if desired. Cook 2 minutes, or until noodles are slightly softened. Add apple noodles and cook 1 minute. Stir in garlic and cook 30 seconds. Add lentils and maple-balsamic mixture. Remove from heat and stir in the parsley. Finally stir in the cranberries and/or nuts if you selected this option.

**Makes 4 servings**

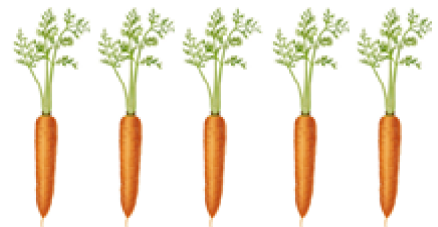
### Our Notes

How can you make this even healthier? You can use vegetable broth in place of vegetable oil and omit the salt.

### Ingredients

- 4 tsp Maple syrup
- 1 Tbs lemon juice
- 2 tsp Balsamic Vinegar
- 7 oz Butternut Squash (neck)
- 1 Golden Delicious Apple, stemmed
- 2 tsp Vegetable oil
- 1 Clove garlic, minced
- 1-1/2 Cups French green lentils
- 2 Tbs Parsley, chopped
- 1/4 Cup Dried Cranberries (optional)
- 1/4 Cup Toasted walnuts, pecans or hazelnuts (Optional)

### Our Rating ...



**21 day  
FIX** Container Count

**Divided into 4 servings  
Each serving contains:**

- 1/2 Blue container
- 1/4 Yellow container
- 1/2 Green container
- 1/2 Purple container
- 1/2 teaspoon