

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Rice with Butternut Squash & Dried Cranberries
(Yields 4 Servings)**

Ingredients:

- 1 medium butternut squash, peeled, seeded, and diced (1/2-inch cubes)
- 3 Tbsp Olive Oil
- 1 tsp dried Parsley
- Salt and Black Pepper, to taste
- 1/2 Cup Dried Cranberries
- 1 Clove garlic, minced
- 4 Cups Spinach
- 1 cup Whole Grain Basmati Rice (about 2 cups cooked)
- Green Onions for Garnish
- 12oz Cooked Chicken Breast (optional)

Directions:

- 1.) Preheat oven to 375F
- 2.) Bring large pot of water to a boil, pour rice in, and cook till tender, about 30 minutes.
- 3.) In a large bowl, add diced squash, 2 Tbsp olive oil, dried parsley, salt, pepper, until squash is evenly coated
- 4.) Spread on baking sheet and bake until squash is roasted and tender (20-30 min)
- 5.) Heat 1 Tbsp olive oil in a saute pan over medium heat
- 6.) Add garlic & spinach and sauté, two minutes, until spinach is slightly wilted.
- 7.) Add rice & dried cranberries to the pan and sauté (Add Cooked Chicken if requested)
- 8.) Plate and garnish with green onions

Recipe by: Emilie Burgess, MS, RD

Nutritional Information for 1 bowl of dish:

Calories: 481	Cholesterol: 54 mg
Total Fat: 14 g	Carbohydrates: 60 g
Saturated Fat: 2 g	Dietary Fiber: 6 g
Protein: 24 g	Sodium: 438 mg