

Cranberry Pecan Butternut Squash Noodles

You know summer is over when you start to see pumpkins and apples at your farmer's markets instead of zucchini and berries. For some, it's a sad time. Not for me, though — this is my favorite time of year.

Even though it's still unseasonably warm here right now, the leaves are turning, and the nights are at least chilly enough for sweaters and boots. It's also time for warm flavored foods. You know what I'm talking about, right? Foods made with cinnamon, maple, and spices that warm you right up. Usually there is some form of squash in there.

Because veggie noodles are all the rage, I picked up some butternut squash noodles at the market the other day. Yes, I know you can make your own, but a hard winter squash is not something I usually mess with unless I have to.

I didn't have anything in mind when I bought the noodles, so this was kind of an experiment. One that worked out quite nicely, I might add. I started by listing out flavors that worked with butternut squash. Pecans and cranberries came up first. Ginger was next, to add a touch of spice that offset the sweetness of the squash. Since raw squash didn't sound so good, I needed a cooking method, so I decided to saute the noodles in Ava Jane's Kitchen Avocado Oil. Then I added some arugula because I had it on hand, and wanted to add some greenery to the dish.

The end result was a dish that was unique, but in a good way. The noodles were tender, but not mushy, and had a good combination of crunchiness, spiciness, and sweetness. It's a perfect side dish for a fall dinner, and would even make a good holiday side dish. If you can't find squash noodles or don't want to make them yourself, you could sub sweet potatoes for a similar result.

Cranberry Pecan Butternut Squash Noodles

Serves 2-4

Prep time: 30 minutes

Ingredients:

3 tablespoons Ava Jane's Kitchen Avocado Oil

1 teaspoon grated ginger

12 ounces butternut squash noodles

1/4 cup chopped pecans

1/4 cup dried cranberries

2 cups baby arugula

1 tablespoon lemon juice

Colima Sea Salt

Fresh ground black pepper

Directions:

In a large skillet, heat the oil over medium high heat. Add the ginger and cook for about a minute. Add the squash noodles and cook until they soften up, 3-4 minutes. Stir in the pecans, cranberries, and arugula, and stir until the arugula begins to wilt. Add the lemon juice and sprinkle in some Colima Sea Salt and ground pepper. Serve warm.