Butternut Squash Curry

Yield: 6 Servings
Cost Per Serving: N/A
Cook Time: 30 minutes

Ingredients:

- 2 Tbsp olive oil
- 1 large butternut squash (peeled, seeded, and diced)
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground ginger
- 3 Tbsp yellow curry paste
- 2 (13.5oz) cans low fat coconut milk
- Juice of 2 limes
- 2 tsp honey
- 4 cups baby spinach
- Whole grain rice, for serving
- Crushed dry roasted peanuts (for garnish)

Directions:
1. Heat oil in a large saucepan over medium-high heat. Add butternut squash and cook for 3-5 minutes, stirring often, until lightly softened.
2. Add spices and curry paste and stir to combine.
3. Add coconut milk, lime juice and honey and bring to a boil. Reduce heat to low, cover the pan and cook for 15-20 minutes, or until the squash is tender.
4. Add spinach and cook until wilted, about 1 minute. Taste the sauce and season with salt as needed.
5. Scoop rice into serving bowls and ladle curry over. Garnish with a generous amount of crushed peanuts.