



A Recipe from



DR. SINATRA'S WINTER SQUASH TERIYAKI

Although teriyaki sauce is often paired with chicken or fish it's also surprisingly tasty when served with antioxidant-rich winter squash. Teriyaki sauce's flavor mellows as it cooks, so you may want to add more before serving.

Choose organic produce whenever possible

- 1 teaspoon light [olive oil](#)
- 1 large butternut or other [winter squash](#), peeled, seeded and shredded, about 3 pounds
- 1 cup pineapple juice
- 1 teaspoon minced [ginger](#)
- 1 teaspoon minced [garlic](#)
- 2 teaspoons low-sodium soy sauce
- 3 tablespoons low-sodium teriyaki sauce
- ½ teaspoon salt
- ½ head cabbage, or 4 cups kale, sliced into thin ribbons
- ¼ cup crushed pecans, optional

Heat the olive oil in a wok or large sauté pan over medium heat. Add the squash, pineapple juice, ginger, garlic, soy sauce, teriyaki sauce and salt. Make sure the squash is completely covered by the liquid. Cook until the squash is tender, about 15 minutes. Bring ½ cup of water to a boil in a large, deep skillet. Add the cabbage and reduce the heat to a simmer. Cook until the cabbage has softened and the water has evaporated, about 8 minutes. Remove from the heat. Stir into the squash mixture. Divide evenly among four plates, sprinkle with pecans if desired and serve. Serves 4.

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