

Yams and Butter Squash with Pineapple Medley



Ingredients:

8 oz. of diced or cubed yams
8oz of diced or cubed butter squash
1/3 cup salted butter
6-8oz fresh pineapple chunks
Brownulated sugar
Red pepper flakes

Directions:

Melt the butter in a large skillet, add the cubed yams and squash, cook on medium high heat for about 6-8 minutes, stirring frequently.

Add 2-3 good pinches of brownulated sugar, and stir.

Add the fresh pineapple chunks and continue stirring. At this point the mixture should cook for an additional 4-5 minutes.

Season with red pepper flakes to taste. Be careful if you have folks who have lily lips and are not fond of spicy foods. I recommend two good pinches and make sure to mix well.