

SQUASH-APPLE CASSEROLE

SERVES 6

This healthier dessert choice is great to serve at Thanksgiving dinner, which is the perfect time to purchase winter squash.

INGREDIENTS

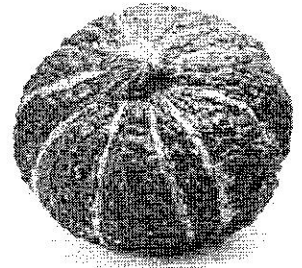
- | | |
|---|---------------------|
| 2 ½ cups winter squash,
such as acorn, butternut
or hubbard. | ½ teaspoon nutmeg |
| 1-½ cup cooking apples,
such as Macintosh,
Granny Smith or Rome | 1-teaspoon cinnamon |

DIRECTIONS

1. Wash and prepare squash and apples.
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees for 45-60 minutes, until squash is tender.

Source: University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

NUTRITIONAL INFO: Serving Size: 1/6 of recipe Calories: 40, Fat: 0 grams (g), Sodium: 0 milligrams (mg), Protein: 1 gram (g).



Helpful Hints:

- FOR EXTRA FIBER, KEEP PEELING ON APPLES.
- COAT THE PAN WITH A NON-STICK COOKING SPRAY.
- FEEL FREE TO USE ANY TYPE OF APPLE IN THIS RECIPE.

SIMPLY GOOD EATING



UNIVERSITY OF MINNESOTA | EXTENSION

© 2011 Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-625-8260.

♻️ Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material. This material is funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income.