

RECIPES

Squash-Apple Casserole



Ingredients (6 servings)

2-1/2 cups winter squash (such as acorn, butternut or hubbard), washed, peeled and sliced in 1/4-inch slices

1-1/2 cups apples (such as Macintosh, Granny Smith or Rome), washed, cored and sliced in 1/4 -inch slices

1/2 teaspoon nutmeg

1 teaspoon cinnamon

Nutrition Information per serving:

40 calories, 0 g fat, 1 g protein,
11 g carbohydrates, 2 g fiber, 0 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Alternate layers of squash and apples in 8 x 8-inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees Fahrenheit for 45-60 minutes or until squash is tender.

SQUASH

Choose: squash that is heavy for its size. Avoid squash with soft spots or cracks.

Store: in the refrigerator or in a cool, dark place. Butternut squash for up to a month. Buttercup and acorn squash for up to 3 months.

How much? 1 pound = 1 cup cooked pureed squash