

Squash-Apple Casserole

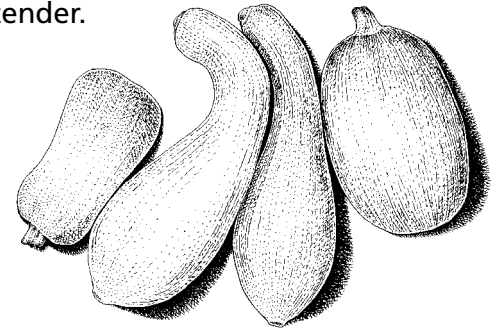
Serves 6

- 2½ cups fresh winter squash, (such as acorn, butternut, or hubbard), peeled and cut into ½-inch slices
- 1½ cups cooking apples, such as Macintosh, Granny Smith, or Rome, peeled, cored and cut into ½-inch slices
- ½ teaspoon nutmeg
- 1 teaspoon cinnamon

TIPS:

- Keep peel on the apples for added fiber.
- Winter squash is a good source of vitamin A.
- Serve with roast chicken or turkey.

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



Nutrition Facts:

Serving size: ½ cup; Calories: 60; Fruits and Vegetables: 1 serving; Fat: .5 g; Fiber: 3 g



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