



## Food Service Created, Kid Approved Commodity Recipe Contest



### Recipe Title: Butternut Squash and Apple Casserole

Recipe Category: Vegetable

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
Butternut squash, fresh	10 lb	<p>Peel squash, scoop out seeds, and cut into bite size pieces (or purchase peeled and cut-up squash). Place squash and apple slices in 2 steam table pans (4"x10"x12").</p> <p>Blend remaining ingredients with fork or pastry cutter until crumbly.</p> <p>Distribute evenly over squash and apples.</p> <p>Cover and bake casserole at 350° F (325° F convection oven) for about 45 to 50 minutes.</p> <p>Serve with 3 ounce solid spoodle.</p> <p>Note: If commodity apples are not available, canned commodity sliced apples may be substituted.</p>
<b>Apples, peeled, cored, sliced</b>	<b>10 medium</b>	
Sugar, brown	1 1/4 cups	
Butter	1 1/4 cups	
<b>Flour, AP</b>	<b>5 Tbsp</b>	
Salt, table	5 tsp	
Cinnamon, ground	1 1/4 tsp	
Nutmeg, ground	1 1/4 tsp	

Submitted by: Pamela Aldrich, Pittsfield Public Schools

Adapted from: <http://www.dianaskitchen.com>

**Serving: 3 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 117	Carbohydrate 17.08g	Saturated Fat 3.57g	Vitamin A 1463 IU	Iron 0.71mg	Sodium 238mg
Protein 1.03g	Total Fat 5.82g	Cholesterol 15mg	Vitamin C 12.20mg	Calcium 32.65mg	Dietary Fiber 1.76g