

Squash-Apple Casserole

Rating: ★★ ★

Makes: 6 servings

Ingredients

2 1/2 cups winter squash (such as acorn, butternut or hubbard)

1 1/2 cups apples (cooking, such as Macintosh, Granny Smith or Rome)

1/2 teaspoon nutmeg

1 teaspoon cinnamon

Directions

1. Wash and prepare squash and apples (for extra fiber, keep peel on 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.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	40	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	11 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	0 mg	0%