

## Squash Apple Casserole



**CHOICES**  
Steps Toward  
Health

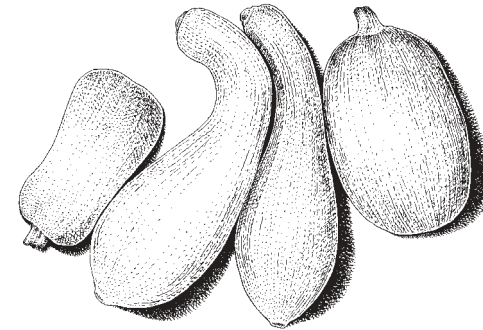
Serves 6

2 1/2 cups fresh winter squash, (such as acorn, butternut, or hubbard), peeled and cut into 1/2 inch slices  
1 1/2 cups cooking apples, such as Macintosh, Granny Smith, or Rome, peeled and cut into 1/2-inch slices  
1/2 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. Alternate layers of squash and apples in an 8" x 8" pan; end with apples.
2. Sprinkle spices over top layer.
3. Cover with aluminum foil.
4. Bake at 350 degrees for 45-60 minutes, until squash is tender.



**Nutrition Facts:** Serving size: 1/2 cup; Calories: 60; Fruits and Vegetables: 1; Fat: 0.5g; Fiber: 3g

Part of *Choices: Steps Toward Health* developed by UMass Extension Nutrition Education Program.