

Spiced Squash with Apples

What a delicious autumn side dish! Use your favorite varieties of apples and winter squash for this tasty recipe.

Makes: 6 servings

Ingredients

- 2 ½ cups winter squash, peeled and sliced (acorn, butternut, or Hubbard)
- 2 apples, sliced (Macintosh, Granny Smith, or Rome)
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg



Directions

1. Preheat oven to 350°F.
2. In 8x8 inch baking pan, spread out and layer the squash and apples on top of each other.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake in oven for 45-60 minutes, until squash is tender.

Recipe from: University of Massachusetts Extension, Nutrition Education Program, adapted by USDA Food and Nutrition Administration.

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