

Baked Apples and Squash

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DEPOSITORY.

Serves: 4

Prep: 15 minutes | **Cook:** 30 minutes

INGREDIENTS

- 2 cups of squash, diced
- 2 cups of apples, diced
- 1 tablespoon cooking oil
- ½ teaspoon ground cinnamon
- ½ teaspoon salt

DIRECTIONS

1. Preheat oven to 425° F.
2. Peel the squash, remove the seeds and cut into cubes.
3. Cut apples in half. Remove the core and cut into bite sized pieces.
4. Place squash and apples into a bowl. Add oil, cinnamon, salt and sugar (optional). Toss to coat evenly.
5. Spread the mixture on a metal baking sheet.
6. Bake for 20-30 minutes, or until squash is soft.



Nutrition Information	
<i>Serving Size: 3/4 cup</i>	
Total calories	110
Total fat	3.5 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	290 mg
Carbohydrates	20 g
Fiber	3 g
Sugar	Varies
Protein	1 g

Notes:

- Poke holes in whole squash and microwave for 3 minutes to make it easier to cut and peel.
- Add your favorite nuts for extra crunch and protein!

Recipe Source: Food Hero