



baked apples and squash



- 1 medium size squash
- 3 apples
- 1 tablespoon olive oil
or vegetable oil
- ½ teaspoon ground
cinnamon
- 1 tablespoon sugar
- ½ teaspoon salt

1. Peel the squash, remove the seeds, and cut into bite size pieces. Peel the apples, remove the core, and cut into bite size pieces.
2. Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
3. Spread the mixture on a metal baking pan. Bake in a 425° oven for 20 to 25 minutes, or until squash is soft.

The end of the summer brings the harvest of squash.

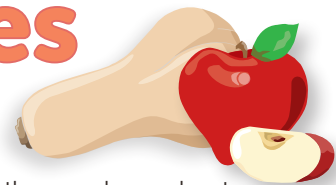
Squash are some of our most nutritious vegetables.
They're a great source of vitamin A.

Enjoy squash at your next family meal.

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