



baked apples and squash

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.

- 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.



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