



baked apples and squash

An easy way to cook and serve squash!



Let's eat
what's in
season!

- 2 cups squash cubes
- 2 cups apple cubes
- 1 tablespoon olive oil or vegetable oil
- ½ teaspoon ground cinnamon
- 1 tablespoon sugar
- ½ teaspoon salt

- Step 1** Peel the squash, remove the seeds, and cut into bite sized pieces.
Step 2 Peel the apples, remove the core, and cut into bite sized pieces.
Step 3 Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
Step 4 Spread the mixture on a metal baking pan.
Step 5 Bake in a 425° oven for 20 to 30 minutes, or until squash is soft.
Makes 4 servings.



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