

Butternut Squash, Apple, and Cranberry Bake

Ingredients

- 1 large butternut squash, peeled and cut into 1-inch cubes
- 2 large, tart cooking apples, cut into ½ in. thick slices
- ½ cup fresh or frozen cranberries
- 1/3 cup brown sugar
- 3 tablespoons butter
- 1 tablespoon flour
- 1 teaspoon salt
- ½ teaspoon ground nutmeg

Instructions

1. Preheat the oven to 350 degrees. Slice and peel squash and apples.
2. Place squash cubes in an ungreased 7x11 inch baking dish. Arrange apples and cranberries on top.
3. Mix the flour, salt, sugar, and nutmeg. Sprinkle on top of squash,
4. Dot the mixture with butter, Bake for 50-60 minutes.
5. Serve and enjoy!

Makes: 8 servings

Nutrition Information: CALORIES 170 (24% from fat); FAT 4.5g (sat 3g); CHOLESTEROL 10mg; SODIUM 310mg; CARBOHYDRATE 35g; FIBER 4g; PROTEIN 2g; CALCIUM 8%; IRON 6%

Mediterranean Squash Stew

Ingredients

- ½ butternut squash (3 cups cubed)
- 1 cup flour
- ¼ bunch kale (2 cups chopped)
- ½ onion (1/2 cup chopped)
- 2 cloves garlic
- 1¾ cups diced tomatoes
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar
- 1 teaspoon mustard
- 1 teaspoon oregano
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 2 cups cooked rice

Instructions

1. Peel and seed squash. Cut into ½-inch cubes.
2. Wash and chop kale.
3. Chop onion and mince garlic.
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
6. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
7. Add rice and kale. Cover and cook 5 minutes.

Makes: 5-6 servings

Nutrition Information: CALORIES 180 (20 from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 36g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 10%