

# Great Fall Recipe

## Squash-Apple Casserole

Heart  
Healthy

### Nutrition Facts

Serving Size 1/6 of recipe (90g)  
Servings Per Container 6

Amount Per Serving

Calories 40      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 11g      4%

Dietary Fiber 2g      8%

Sugars 5g

Protein 1g

Vitamin A 4%      • Vitamin C 15%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

**2 1/2 cups** winter squash, such as acorn, butternut or hubbard  
**1 1/2 cup** apples, cooking, such as Macintosh, Granny Smith or Rome  
**1/2 teaspoon** nutmeg  
**1 teaspoon** cinnamon

### Instructions:

1. Wash and prepare squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees for 45-60 minutes, until squash is tender.

### Cost:

Per recipe: \$1.52

Per serving: \$0.25



### Source

University of Massachusetts,  
Extension Nutrition Education  
Program, Pumpkin Post/  
Banana Beat