

Delicata Squash Apple Bake

Squash is an excellent source of vitamin A, essential for healthy eyes.

Serves 6



Ingredients

- 2 delicata squash
- 4 medium baking apples
- 1 cup apple juice or cider
- 3 tablespoons maple syrup

Nutrition Facts

Serving Size about 1 1/2 cup
Servings Per Container about 6

Amount Per Serving

Calories 150 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 37g **12%**

Dietary Fiber 5g **20%**

Sugars 25g

Protein 2g

Vitamin A 140% • Vitamin C 30%

Calcium 4% • Iron 4%

*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

Directions

1. Preheat oven to 375 degrees.
2. Peel squash, cut in half lengthwise and remove seeds.
3. Slice squash into 1/4 inch slices. This will create a crescent moon shape.
4. Peel and core the apples and slice into 1/4 inch thick slices.
5. In a 9 x 13 inch casserole dish, arrange ingredients in rows by standing the slices up on their flat ends, alternating squash and apple as desired.
6. Pour apple juice over squash and apples.
7. Drizzle maple syrup over the rows.
8. Cover with aluminum foil.
9. Bake for about 20 minutes or until squash and apple slices are tender.
10. Uncover.
11. Bake 5 to 10 minutes more.