

Squash and Apple Bake

Use a tart apple variety like Ida Red, Jonathon or Northern Spy in this “easy-bake” side dish from Organic Valley farmer Maureen Knapp. Check out www.organicvalley.coop for other great recipe ideas.

1 medium (about 2 lbs.)	butternut or buttercup squash, peeled and cut into cubes
2	large apples, or 3 medium, peeled, cored and sliced 1/2 inch thick
1/2 cup	packed brown sugar (we used Sucanat)
4 T.	organic butter, melted
1 T.	flour or arrowroot powder
1 teaspoon	sea salt
1/2 teaspoon	cinnamon
1/8 teaspoon	ground ginger

Heat oven to 350 degrees. Arrange squash in a large, ungreased baking dish. Scatter apple slices over the top. Combine remaining ingredients and drizzle evenly over squash-apple mixture. Cover dish and bake 30 minutes. Remove from the oven and stir the dish to mix everything together and meld the flavors. Continue baking until squash is tender, another 20 - 30 minutes.

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Shopping List

Squash and Apple Bake

Ingredients	Wieght or Volume	PLU #
butternut or buttercup squash	1 medium (about 2 lbs)	_____
apples	2 - 3 medium	_____
brown sugar or sweetner	1/2 cup if using sugar, 1/4 cup if using honey	_____
butter	4 T.	_____
arrowroot or flour	1 T.	_____
sea salt	1 tsp.	_____
cinnamon	1/2 tsp.	_____

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Ingredients	Wieght
butternut or buttercup squash	1 medium
apples	2 - 3 medium
brown sugar or sweetner	1/2 cup 1/4 cup
butter	4 T.
arrowroot or flour	1 T.
sea salt	1 tsp.
cinnamon	1/2 tsp.