



Butternut Squash and Apples

Modified from USDA Recipe for Schools I-070

INGREDIENTS

3 cups diced butternut squash	Pinch salt
3 cups peeled, diced apples	½ tsp vanilla extract
4 Tablespoons unsalted butter	2 ¼ cups water
1/3 cup brown sugar	¾ cup orange juice
½ tsp ground cinnamon	1 cup dried cranberries
½ tsp ground nutmeg	

INSTRUCTIONS

1. Preheat oven to 350°F
2. Spread squash cubes onto greased, rimmed baking sheet. Bake at 350° for 25-30 minutes.
3. While squash is baking, add butter, brown sugar, cinnamon, nutmeg, salt, and vanilla to a medium saucepan. Simmer uncovered over medium-high heat for 1-2 minutes.
4. Add apples to mixture and simmer uncovered over medium-high heat for 3-5 minutes, until apples begin to soften. Stir well until apples are coated.
5. Add 2 cups water and orange juice. Stir well. Bring to a boil.
6. Mix cornstarch with remaining ¼ cup water. Add cornstarch mixture and cranberries. Bring to a boil, stirring frequently, then remove from heat.
7. After removing squash from oven, add apple mixture.
8. Serve as a great Thanksgiving side dish, or as an everyday treat!



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