

SQUASH & APPLE BAKE

Lower Saturated Fat, Lower Sodium, Vegetarian

Nutrition (per serving)

Calories: 121

Total Fat: 2.8 g

Saturated Fat: 0.7 g

Sodium: 46 mg

Total Carbohydrate: 25 g

Dietary Fiber: 4 g

Protein: 2 g

Ingredients

¼ cup frozen orange juice concentrate, thawed

¼ cup light margarine, melted

1 tbsp all purpose flour

¼ tsp ground cloves

¼ tsp cinnamon

2 pounds butternut squash, peeled, seeded, and cut into ½ inch slices

2 large Granny Smith apples, cored, and cut into ½ inch slices



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Directions

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together orange juice concentrate, margarine, flour, cloves, and cinnamon.
3. Arrange squash in the bottom of an ungreased 9 x 13 inch baking dish, top with apple slices, then evenly pour the orange mixture on top. Cover with a lid or aluminum foil.
4. Bake for 50-60 minutes, or until squash is tender.