

Harvest of the Month

NOVEMBER – WINTER
SQUASH



Roasted Squash Apple Bake with Sage

Ingredients:

Makes 8 Servings – approx. 18g Carb per ½ c. serving

- 5 c. butternut squash
- 4 c. Granny Smith apples
- ¼ c. butter, melted
- 1/2 c. brown sugar, packed
- 1 T. flour
- 1 tsp. salt
- ½ tsp. ground mace (or allspice)
- ½ t. dried sage or 1 Tbsp. fresh sage (very finely-chopped)

Peel and cut squash and apples into pieces like you would for apple pie. Place in a large bowl. Melt butter and add rest of ingredients. Stir well. Put in a large casserole. Cover and bake at 350 until squash and apples are soft. Stir. May take up to one hour. Check at 45 min. with the tip of a small sharp knife.



Per ½ c. Serving (Makes 8)

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Nutrition Facts	
servings per container	
Serving size	(200g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 320mg	14%
Total Carbohydrate 34g	12%
Dietary Fiber 6g	21%
Total Sugars 20g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 431mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

