

## Butternut Squash and Fruit

This dish offers vitamins A and C, no added salt, no fat, no cholesterol. No real changes had to be made and it is quite flavorful.

Recipe submitted by Jeanne Polak-Recht, Registered Dietitian

Amount	Measure	Ingredients	Preparation Method
2	Pounds	Butternut squash	Washed, cubed
2	Count	Jonathan apples	Washed, cubed
2	Tablespoons	Dried cranberries	
1	Cup	Orange juice	
2	Teaspoons	Cinnamon	

1. Heat oven to 350 degrees F.
2. Wash precut cubed squash and place in large ceramic casserole dish,
3. Cut apple in cubes (skin may be left on or peeled). Mix apples with squash.
4. Pour one cup orange juice over squash and apples; sprinkle dried cranberries on top of mixture. Sprinkle cinnamon over entire mixture. Cover and bake approximately 45 minutes or until squash is tender.

*Yield: Five (5) servings; 3/4 cup each serving.*

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	120	-	-	-	-	6g (24%)

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