

# Squash and Apple Casserole

*Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009*

## **Servings: 4**

*1 medium butternut or acorn  
squash  
1/2 cup maple syrup or  
packed brown sugar  
1/4 cup margarine, melted  
1 tablespoon flour  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
3 cups sliced and peeled  
apples  
1/4 cup chopped nuts*

Preheat the oven to 350 degrees.

Wash the squash, peel and cut into small chunks.

In a bowl, stir together the sugar, margarine, flour, salt and nutmeg.

Arrange the squash in an ungreased rectangular baking dish. Place the apple slices on top. Sprinkle the sugar/flour mixture and nuts over the apples. Cover with foil.

Bake for 50 minutes or until the squash is tender.

---

Per Serving (excluding unknown items): 165 Calories; 16g Fat (87.1% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 401mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Fat.