

# SQUASH & APPLE BAKE

*Lower Saturated Fat, Lower Sodium, Vegetarian*

## **Nutrition (per serving)**

Calories: 121	Total Carbohydrate: 25
Total Fat: 2.8 g	Dietary Fiber: 4 g
Saturated Fat: 0.7 g	Protein: 2 g
Sodium: 46 mg	

## **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

## 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.