

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Baked Squash and Apples

From Plain and Joyful Living Autumn 2010 Newsletter

- 2 lbs. butternut squash, peeled, seeded, and cut into 1-inch cubes
- 2 large apples, cored and cut into wedges
- ½ cup maple syrup
- 1 tablespoon cornstarch
- ¼ cup melted butter
- 1 t. salt
- 1 t. cinnamon

Preheat the oven to 350°. Combine squash cubes and apple wedges in a 2 qt. casserole dish. Stir cornstarch into maple syrup over low heat in a saucepan until dissolved, add butter and seasonings. Pour over squash and apples. Bake for 45-55 minutes.