

Buttercup Squash with Apples

Make the most of winter squash when you pair it with apples and brown sugar in this dreamy side dish.



Prep Time: 10 minutes

Total Time: 50 minutes

Servings: 2

Ingredients

- 1 small buttercup or other winter squash (1 pound)
- ½ cup chopped tart cooking apple
- 2 tsp packed brown sugar
- 2 tsp butter or margarine, softened
- ½ tsp lemon juice
- 1/8 tsp ground nutmeg

Preparation

1. Heat oven to 400°F.
2. Cut squash in half; remove seeds and fibers.
3. Place squash halves, cut side up, in ungreased baking dish, 11x7x1.5"
4. Mix remaining ingredients; spoon into squash halves
5. Cover and bake 30 to 40 minutes or until squash is tender.

Servings per Recipe: 2

Nutrition (per serving): 125 calories, 5g total Fat, 10mg cholesterol, 30mg sodium, 24g total carbs, 6g fiber, 2g protein

Recipe from BettyCrocker.com