

# Farmer's Market 2004



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ESNY



## Scalloped Squash and Apples

*Yield: 6 servings*

- |   |   |
|---|---|
| <b>2 pounds butternut squash, peeled, seeded and cut into 1-inch pieces</b> | <b>2 tablespoons corn syrup</b>                       |
| <b>2 large apples, peeled and cut into 1-inch pieces</b>                    | <b>2 tablespoons orange juice</b>                     |
| <b>1/4 cup packed brown sugar</b>   | <b>1 tablespoon butter or stick margarine, melted</b> |
|   | <b>2 teaspoons grated orange peel</b>                 |
|   | <b>1/2 teaspoon salt</b>                              |

**Layer squash and apples in an 11-inch x 7-inch x 2-inch baking dish coated with nonstick cooking spray. In a bowl, combine the remaining ingredients. Pour over squash and apples. Cover and bake at 350° F for 35 to 40 minutes or until tender.**

**Nutritional Analysis: One Serving (3/4 cup) equals 161 calories, 2 g fat (1 g saturated fat), 5 mg cholesterol, 228 mg sodium 38 g carbohydrates, 6 g fiber, 1 g protein. Diabetic Exchanges: 1 1/2 fruit, 1 starch.**

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