

## Apple-Squash Casserole

Serves: 8 | Serving size: ½ cup

Ingredients Needed:

- 3 apples (~4 cups sliced), cut into ½-inch slices
- 1 medium butternut squash (~6 cups sliced), peeled and cut into ½-inch slices
- 1 teaspoon nutmeg
- 1.5 teaspoons cinnamon



Directions:

1. Preheat oven to 350 degrees F.
2. Cut apples into ½-inch slices leaving the skin on.
3. Peel, cut the squash in half, scoop out the seeds, and cut the squash into ½-inch slices. (See tip at the bottom of the page.)
4. Alternate layers of squash, apples, nutmeg, and cinnamon in an 8 x 8-inch pan, ending with apples on the top layer.

5. Cover pan with aluminum foil and bake at 350 degrees F for about 45–60 minutes, or until squash is tender.
6. Remove foil and bake another 10–15 minutes to remove any accumulated excess liquid.
7. Cool slightly before serving.

Tip:

- Cut the ends off of squash and microwave on high for ~30 seconds on a microwave-safe plate to make peeling easier.

*The original version of this recipe is in [UMaine Extension bulletin #4176](#). Some content was adapted with permission from University of Massachusetts Cooperative Extension.*