

Cinnamon Apples and Butternut Squash

Provided by Placer/Nevada UC CalFresh Nutrition Education Program

Recipe type: fruit side dish, fall

Serves: 8

Time: 45 minutes



Ingredients

- 3 tablespoons butter
- 1 butternut squash, peeled, seeds removed, and cut into 1-inch chunks
- 1 pinch salt
- 5 Fuji apples (or other sweet apples), peeled, cored, and chopped into 1-inch chunks
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup brown sugar
- 1 $\frac{1}{2}$ teaspoons ground cinnamon

Directions

1. Heat the butter in a large heavy pan over medium-high heat. Add the butternut squash and season with salt.
2. Cook until the squash is beginning to brown, about 6 to 8 minutes.
3. Add the apples and continue to brown, another 5 minutes.
4. Stir in $\frac{3}{4}$ cup of water and the sugar. Cover, then reduce the heat to medium-low and cook until tender, about 15 minutes.
5. Add the cinnamon; mix well, and mash with potato masher or large fork to desired consistency.
6. Serve warm.



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