**Baked Apples and Squash**

- **Cooking time:** 45 minutes
- **HACCP Process #2 Same Day Service**

### Directions

1. **Preheat oven to 400°F.** Cut the peeled and seeded butternut squash into uniform 1- or 1 ½-inch cubes. Leave the skin on the apples but remove cores and cut into uniform 1- or 1 ½-inch cubes, the same size as the butternut squash. Place the cubed squash and apples in a large mixing bowl.

2. Add the vegetable oil to the squash and apples. Stir to distribute the oil evenly over the pieces.

3. In a small bowl stir together the brown sugar, cinnamon and salt. Sprinkle the sugar and spice mixture over the squash and apples. Stir until the pieces are evenly coated with seasoning.

4. **Spray sheet pans with pan-release spray.** For 12 servings use 2 half-size sheet pans or 1 full-size sheet pan; for 24 servings use 4 half-size sheet pans or 2 full-size sheet pans. Place squash and apples in a single layer on prepared sheet pans being careful not to overcrowd the pan.

5. **Roast in the preheated oven for 30–45 minutes,** stirring the squash and apples half way through the time. The squash and apples should be tender and caramelized.

   - **CCP:** Heat to 140°F or higher.
   - **CCP:** Hold for hot service at 135°F or higher.

Serve ½ cup portions.

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>12 Servings</th>
<th>24 Servings</th>
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</thead>
<tbody>
<tr>
<td>Butternut squash, fresh, washed, peeled, seeds removed</td>
<td>1 pound 10 ounces</td>
<td>3 pounds 4 ounces</td>
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<tr>
<td>Apples, fresh, washed</td>
<td>13 ounces</td>
<td>1 pound 10 ounces</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1 ½ Tablespoons</td>
<td>3 Tablespoons</td>
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<tr>
<td>Brown sugar, packed</td>
<td>2 Tablespoons</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 teaspoons</td>
<td>1 Tablespoon + 1 teaspoon</td>
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<tr>
<td>Salt</td>
<td>1 teaspoon</td>
<td>2 teaspoons</td>
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</tbody>
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### Nutrients Per Serving

- Calories: 69 kcal
- Total Fat: 1.8 g
- Saturated Fat: 0.2 g
- Cholesterol: 0 mg
- Sodium: 52 mg
- Carbohydrate: 14 g
- Dietary Fiber: 2 g
- Protein: 1 g
- Vitamin A: 6547 IU
- Vitamin C: 14 mg
- Iron: 0.5 mg
- Calcium: 37 mg

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