

# Butternut Squash & Apple Gratin

## *6 servings*

### **Ingredients:**

3 cups peeled and diced butternut squash  
1 1/2 cups peeled, diced, firm Gala apple  
3 Tablespoons dried sweetened cranberries  
3 Tablespoons chopped walnuts  
2 teaspoons packed brown sugar  
1/4 teaspoon ground cinnamon  
1/4 teaspoon salt (optional)  
1/8 teaspoon black pepper  
1/2 cup orange juice  
1/2 cup fresh whole wheat bread crumbs  
1 Tablespoon unsalted butter, melted

### **Directions:**

Preheat oven to 400°F. Spray 9-inch pie plate with nonstick cooking spray. Steam squash in steamer basket over boiling water 5 minutes or until tender.

Combine butternut squash, apple, cranberries, walnuts, brown sugar, cinnamon, salt (if desired) and pepper in large bowl; gently mix. Pour in orange juice. Spoon evenly into prepared pie plate.

Cover and bake 20 minutes or until squash and apple are fork tender.

Meanwhile, combine bread crumbs and butter in small bowl; mix well.

Sprinkle evenly over apple mixture. Bake, uncovered, 10 minutes or until topping is golden brown.

### **Nutrition Information per serving:**

Calories: 150 calories  
Carbohydrate: 26g  
Fat: 5g

Sodium: 70 g  
Protein: 3 g