

Butternut Apple Crisp



Ingredients

1 small butternut squash (about 1 pound)

3 medium tart apples [3" diameter], peeled and sliced

2 Tablespoons lemon juice

34 cup packed brown sugar

1 Tablespoon corn starch

1 teaspoon ground cinnamon

½ teaspoon salt

Oat Topping Ingredients:

½ cup all-purpose flour

½ cup quick-cooking oats

¼ cup packed brown sugar

6 Tablespoons cold margarine or butter

Makes: 4 Cups Prep time: 15

minutes

Cooking time: 45

minutes



Directions

- 1. Heat oven to 375 degrees F.
- 2. Peel squash and cut in half lengthwise; discard seeds. Cut squash into thin slices.
- 3. In a large bowl, toss the squash, apples and lemon juice.
- 4. In a separate bowl, combine the brown sugar, cornstarch, cinnamon and salt; stir into squash mixture.
- 5. Lightly spray or oil 13x9-inch baking dish. Transfer squash mixture to baking dish. Cover and bake for 20 minutes.
- 6. In a small bowl, combine the flour, oats and brown sugar. Cut in margarine until mixture resembles coarse crumbs.
- 7. Remove baking dish from oven and sprinkle topping over squash mixture. Return uncovered dish to oven.
- 8. Bake 25 minutes longer or until squash and apples are tender and topping is lightly browned. Serve warm.
- 9. Refrigerate leftovers within 2 hours.

This recipe video was created by the Oregon Farm Direct Nutrition Program.

Notes

· Freeze extra lemon juice to use later.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal

| Serving Size 1/2 Servings Per Co | |
|-------------------------------------|--------------------------------|
| Amount Per Serving | 1 |
| Calories 330 | Calories from Fat 80 |
| | % Daily Value* |
| Total Fat 9g | 14% |
| Saturated Fat | t 6g 30% |
| Trans Fat 0g | |
| Cholesterol 25 | mg 8 % |
| Sodium 230mg | 10% |
| Total Carbohyo | drate 62g 21% |
| Dietary Fiber | 4g 16 % |
| Sugars 38g | |
| Protein 2g | |
| Vitamin A 130% | Vitamin C 25% |
| Calcium 6% | • Iron 8% |
| *Percent Daily Values | s are based on a 2 000 calorie |

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| | | | |

Fat 9 · Carbohydrate 4 · Protein 4

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