

## Buttercup Squash with Apples (Cooking for 2)



Make the most of winter squash when you pair it with apples and brown sugar in this dreamy side dish. 2 servings

Prep Time  
**10**  
Minutes

Total Time  
**50**  
Minutes

Makes  
**2**  
servings

- 1 small buttercup or other winter squash (1 pound)**
- 1/2 cup chopped tart cooking apple**
- 2 teaspoons packed brown sugar**
- 2 teaspoons butter or margarine, softened**
- 1/2 teaspoon lemon juice**
- 1/8 teaspoon ground nutmeg**

1. Heat oven to 400°F. Cut squash in half; remove seeds and fibers. Place squash halves, cut side up, in ungreased baking dish, 11x7x1 1/2 inches. Mix remaining ingredients; spoon into squash halves.
2. Cover and bake 30 to 40 minutes or until squash is tender.

Makes 2 servings

### Make the Most of This Recipe With Tips From The Betty Crocker® Kitchens

#### Special Touch

Sprinkle toasted nuts over the cooked squash for a crunchy treat!

#### Substitution

One-half cup of a chopped pear makes a great stand-in for the apple.

#### Nutrition Information:

**1 Serving (1 Serving)** Calories 125 (Calories from Fat 45 ), Total Fat 5 g (Saturated Fat 3 g.), Cholesterol 10 mg; Sodium 30 mg; Total Carbohydrate 24 g (Dietary Fiber 6 g, Protein 2 g; **Percent Daily Value\***: **Exchanges:** 1 Fruit; 2 Vegetable; 1/2 Fat; \*Percent Daily Values are based on a 2,000 calorie diet.

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