



BUTTERNUT SQUASH with APPLES

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Squash is in season and there are so many beautiful varieties! Butternut, Acorn, Kuri, Pumpkin, Delicata, Kabocha, and more. Butternut squash, sometimes known in Australia and New Zealand as butternut pumpkin or gramma, is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of a pumpkin. It has tan-yellow skin and orange fleshy pulp with a compartment of seeds in the bottom. Today we'll make a this savory slightly sweet side dish that can be transformed in a variety of dishes, depending on your mood!

1 medium	butternut squash, peeled, seeded + chopped
1 Large	cooking apple chopped into large cubes
1 pinch	salt
1-2 Tbsp	olive oil
1 tsp	cinnamon
2 -3 Tbsp	sugar or honey
1 cup	coarsely chopped walnuts or pecans



- Add the olive oil and the cubed squash to a large skillet. Cook on medium low heat until the squash is almost done, about 10 minutes
- Add the chopped apple and cook until they are tender, about another 5 – 10 minutes, careful not to overcook into mush.
- TASTE FOR NATURAL SWEETNESS: Adjust the amount of sugar that you use to your own taste. Sprinkle with the cinnamon sugar and add the chopped nuts. Heat for another 2 minutes.
- Ready to serve or use in various ways.

Maggie's Recipe Tips: You can use this savory, lightly sweetened side dish in various ways:

- *Serve as a side dish to pork, chicken or ham.*
- *Fill a pie crust and fold into a Galette (as pictured) and enjoy with a cup of tea from*
- *Line mini muffin tins and fill for a delicious brunch item.*
- *Serve warm with a scoop of whipped cream or ice cream.*
- *Top some pancakes along with a drizzle of maple syrup.*
- *Fill some crepes and dot with a bit of goat cheese or blue cheese.*
- *For extra flavor and sweetness, add a spoonful of Fig/Orange jam available at Stag Run Farms.*

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<http://oceanpines.org/forms-docs-cat/farmers-market-recipes/>