

Farmers Market Fun Family Recipes

FALL CASSEROLE

Serving Size: 1/2 cup

Yield: 8 servings

Ingredients

2½ cups winter squash,
such as acorn, butternut,
or hubbard

½ teaspoon nutmeg

1 teaspoon cinnamon

1½ cups cooking apples, such
as Macintosh, Granny Smith,
or Rome

Instructions

1. Wash and prepare squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8" x 8" pan, ending with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees F for 45 to 60 minutes, until squash is tender.

– Over –





Nutrition information:

Calories: 40

Carbohydrate: 9 gm

Fiber: 2 gm

Fat: 0 gm

Protein: 1 gm

Cholesterol: 0 mg

Sodium: 0 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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