

Butternut Apple Crisp

This recipe contains a variety of fruits or vegetables, which may help protect you against many chronic diseases.

Ingredients:

1 small butternut squash (about 1 pound)
 3 medium tart apples, peeled and sliced
 1/4 cup corn syrup
 2 tablespoons lemon juice
 3/4 cup packed brown sugar
 1 tablespoon cornstarch
 1 teaspoon ground cinnamon
 1/2 teaspoon salt

OAT TOPPING

1/2 cup all-purpose flour
 1/2 cup quick-cooking oats
 1/4 cup packed brown sugar
 6 tablespoons cold butter
 Vanilla ice cream

Directions:

1. Heat oven to 375°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, corn syrup and lemon juice. Combine the brown sugar, cornstarch, cinnamon and salt; stir into squash mixture.
4. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at for 20 minutes.
5. In a small bowl, combine the flour, oats and brown sugar, cut in butter until mixture resembles coarse crumbs. Sprinkle over squash mixture.
6. Bake 25 minutes longer or until squash and apples are tender and topping is lightly browned. Serve warm with ice cream.

Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

Nutrition Facts	
Serving Size 1/2 cup (139g)	
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 290mg	12%
Total Carbohydrate 53g	18%
Dietary Fiber 3g	12%
Sugars 34g	
Protein 2g	
Vitamin A 6%	Vitamin C 8%
Calcium 2%	Iron 4%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

8 servings, 1/2 cup each