

Mashed Butternut Squash & Apples



INGREDIENTS

one 3-lb butternut squash, halved lengthwise, seeds and strings removed	2 tbsp sweetened dried cranberries	1 tsp
3 large Golden Delicious apples (1 1/2 lb), halved and cored	1/2 stick (1/4 cup) butter, cut in small pieces	1/2 tsp freshly ground pepper
	1 tsp freshly grated lemon peel	

SUGGESTED COOKWARE

standard baking sheet, small bowl, bowl, potato masher or mixer, serving dish

DIRECTIONS

Preheat oven to 400°F.

Coat a standard baking sheet with cooking spray and put squash and apples on it, cut side down. Bake 40 minutes or until squash is fork-tender and apples are very soft. Let stand until cool enough to handle.

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DIRECTIONS

Meanwhile, put cranberries in a small bowl, add 1 cup boiling water and let soak while squash and apples bake.

Scoop squash and apple pulp into a bowl. Add butter, lemon peel, salt and pepper and mash with a potato masher or beat with a mixer. Drain cranberries and fold in.

Spoon into a serving dish and, if needed, reheat in microwave.

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