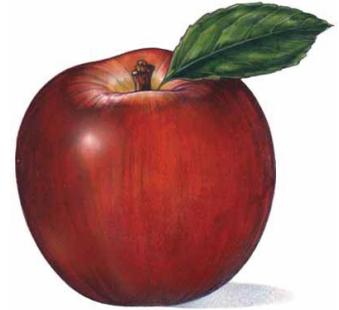




Market Basket of the month

October Recipes



Baked Apples and Squash

Makes 3 cups

Ingredients:

- 2 cups winter squash cubes
- 2 cups apple cubes
- 1 Tablespoon vegetable oil
- ½ teaspoon cinnamon
- 1 Tablespoon sugar
- ½ teaspoon salt

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 425 degrees F.
3. In a large bowl, combine all ingredients. Toss to coat evenly.
4. Spread the mixture on a baking sheet.
5. Bake for 20 to 30 minutes, or until squash is soft.
6. Refrigerate leftovers within 2 hours.

Recipe adapted from Nutrition Matters.

Notes:

Try adding chopped nuts or seeds.

Source: www.FoodHero.org

Produce Tips

Keep apples refrigerated to slow ripening and maintain flavor. When kept cool, apples can last over three months.

To reduce browning, make fresh apple dishes just before serving, or pour 100 percent apple juice over fresh apple slices.

Cranberry Applesauce

Makes 6 cups

Ingredients:

- 9 medium apples, peeled, cored, and chopped
- 1 cup water
- 1 ½ C. cranberries (fresh or frozen)
- ½ tsp. cinnamon
- ½ tsp. salt
- ⅓ C. packed brown sugar
- 2 T. lemon juice (optional)

Directions:

1. In a large saucepan, combine all ingredients. Bring to a boil, then lower heat to simmer. Cover and cook for 20 to 30 minutes.
2. Remove pan from the heat and let cool for a few minutes. Use a potato masher or fork to mash the mixture to the thickness you want. Serve warm or cold.
3. Refrigerate leftovers within 2 hours.

Note: For a smooth texture, puree in batches in a regular blender, using the manufacturer's directions for pureeing hot liquids.

Nutrition Facts: ½ cup serving = 80 calories; 0g fat; 0mg cholesterol; 100mg sodium; 21g total carbohydrate (6 g added sugar)

Source: www.FoodHero.org

Market Basket of the Month is a WellSpan Community Health & Wellness initiative.

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