

Honey Roasted Squash & Apples

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Overview:

Serving Size: 5 servings

Prep Time: 40 min

Ingredients:

- 1 lb butternut squash, cubed
- 1 medium apple, peeled, cored and cubed
- 2 tablespoons butter, melted
- 3 tablespoons honey
- 1/4 cup pecans, finely chopped
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon

Instructions:

1. Preheat oven to 400*.
2. Placed cubed squash and apple in an 8x8 baking dish.
3. Add 2 tablespoons of water and roast uncovered, stirring occasionally for 20 minutes, or until almost cooked through.
4. In a small bowl, combine butter, honey, pecans, pears, nutmeg and cinnamon.
5. Remove squash from the oven and pour honey mixture over the squash. Stir lightly to coat.
6. Return to the oven for another 10 minutes or until cooked through.

Health Tip:

You can reduce the amount of honey if you are reducing the sugar.