



# Buttercup Squash & Apple Bake

6 servings

## INGREDIENTS

- 1 buttercup squash
- 5 apples
- 4 Tbsp maple syrup
- 4 Tbsp butter, softened
- salt & pepper, to taste
- cinnamon, optional

## DIRECTIONS

1. Preheat oven to 350°F.
2. Cut in half, scoop out seeds and peel. Cut the squash into 1/4" slices. Wash and core apples, cut apples into 1/2 inch slices.
3. Grease a 9X13 inch baking dish. Cover the bottom of pan with a single layer of sliced buttercup squash. Add a layer of apple slices. Dot with half the butter, drizzle with half the maple syrup, season with salt, pepper and cinnamon if desired. Repeat layers (squash, apples, butter and syrup). Season.
4. Cover and bake for 30 minutes. Carefully uncover and bake for an additional 20-30 minutes, until fork tender and edges are browned.
5. Serve hot and enjoy!



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