

## Buttercup Squash with Apples

*Make the most of winter squash when you pair it with apples and brown sugar in this dreamy side dish.*

1 small buttercup or other winter squash (1 pound)  
1/2 cup chopped tart cooking apple  
2 teaspoons packed brown sugar  
2 teaspoons butter or margarine, softened  
1/2 teaspoon lemon juice  
1/8 teaspoon ground nutmeg

1. Heat oven to 400°F. Cut squash in half; remove seeds and fibers. Place squash halves, cut side up, in ungreased baking dish, 11x7x1 1/2 inches. Mix remaining ingredients; spooning into squash halves.
2. Cover and bake 30 to 40 minutes or until squash is tender.

**Per Serving:** Calories 125 (Calories from Fat 45); Total Fat 5 g (Saturated Fat 3 g);  
Cholesterol 10 mg; Sodium 30 mg; Total Carbohydrate 24 g (Dietary Fiber 6 g);  
Protein 2 g

**Percent Daily Value\*::** Vitamin A 100 %; Vitamin C 14 %; Calcium 2 %; Iron 4 %

**Exchanges:** 1 Fruit; 2 Vegetable; 1/2 Fat

\*Percent Daily Values are based on a 2,000-calorie diet.

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