

# BAKED APPLES AND SQUASH

Yield: 3 cups | Preparation: 15 minutes | Total: 45 minutes

Difficulty: Easy



## INGREDIENTS

- 2 cups winter squash, cubed
- 2 cups apples, cubed
- 1 tablespoon oil
- 1/2 teaspoon cinnamon
- 1 tablespoon sugar
- 1/2 teaspoon salt

## INSTRUCTIONS

1. Preheat oven to 425 F.
2. Combine all ingredients in a bowl.
3. Spread evenly on a baking sheet.
4. Bake for 20 to 30 minutes or until squash is soft.

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Adapted from [foodhero.org](https://www.foodhero.org)