

Sautéed Butternut Squash with Apples



Makes 4 Servings

4c butternut squash, peeled, cut into 1/2" cubes

1c Red Delicious apples, cored, cut into 1/2" cubes

1/2c onion, chopped

1/4c raisins

1/4c pure maple syrup

1/4t salt

1/8t ginger, freshly grated

Combine squash, apples, onion and raisins in large nonstick skillet coated with cooking spray.

Sauté 20 minutes, or until tender, stirring occasionally.

When tender, stir in maple syrup, salt and ginger. Cook an additional 5 minutes.

Prepare Ahead Tip

Cook and cool. Refrigerate up to 24 hours. Reheat in microwave until warmed through.