

SWEET POTATO, BUTTERNUT SQUASH, \$ APPLE CASSEROLE

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| 6 1/2 c. peeled cubed sweet potato (about 2 lbs.) | 1/2 t. ground nutmeg |
| 4 1/2 c. peeled cubed butternut squash (about 1 1/2 lbs.) | 1 t. vanilla extract |
| 2 2/3 c. peeled chopped apple (I used about 3 large apples, Fuji or granny smith) | 2 eggs |
| 1/2 c. sugar | 3/4 c. oats (of choice, I use whole grain) |
| 1/3 c. skim milk | 1/4 c. firmly packed brown sugar |
| 1 t. ground cinnamon | 1/4 c. raisins (optional) |
| | 3/4 c. chopped walnuts |

Cube and place sweet potato and squash in a large pot, and cover with water; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until tender, drain well; set aside.

Saute apples in apple juice until tender.

Preheat oven to 350 F.
Fold the squash mixture into the apple, sugar, vanilla, nutmeg, 2 eggs into Spoon mixture into a 9 x 13 baking dish coated with cooking spray.

Place granola and brown sugar in a small heavy-duty zip-top plastic bag. Seal bag, and crush mixture with a rolling pin. sprinkle granola mixture over casserole. Bake, uncovered, at 350 F. for 30 minutes, or until topping is golden. Yield: 12 1/2 c. servings

Recipe brought to you by: Tricia of hippiefamily.blogspot.com 11/23/08



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Squash, \$ Apple Casserole