

BUTTERCUP SQUASH WITH APPLES (cooking for 2)

from BettyCrocker.com

(2 servings)

Ingredients

- 1 small **buttercup squash** or other winter squash (1 lb)
- ½ cup chopped tart **cooking apple**
- 2 tsp packed **brown sugar**
- 2 tsp **butter** or **margarine**, softened
- ½ tsp **lemon juice**
- 1/8 tsp **ground nutmeg**

Preparation

- 1.** Heat oven to 400°F.
- 2.** Cut squash in half; remove seeds and fibers. Place squash halves, cut side up, in ungreased baking dish, 11 x 7 x 1½-inches.
- 3.** Mix remaining ingredients; spoon into squash halves.
- 4.** Cover and bake 30 to 40 minutes or until squash is tender.