

ROASTED APPLES N SQUASH

Ingredients:

- 1 medium winter squash (delicata, butternut, or kabocha variety), cubed
- 2 medium apples, peeled, cored and cubed
- 3 Tbsp butter, melted
- 3 Tbsp brown sugar
- 1 tsp cinnamon



- 1) Preheat oven to 400 F. Place cubed squash and apple in a 9 x 13 glass baking dish.
- 2) Mix butter, brown sugar and cinnamon in a small bowl. Pour over squash and apples and stir gently to coat.
- 3) Bake uncovered in oven for 25 to 30 minutes, or until squash is cooked through.



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For more information, or to volunteer with Concrete Farm to School, please contact Rachel Sacco at concretefarmtoschool@gmail.com or call (360)854-7171.



Your family may be eligible for food benefits through the Basic Food Program. To see if you are eligible, or to apply for benefits, call **(360) 854-7171**.

Family Size	Gross Monthly Income
2	\$2,586
3	\$3,256
4	\$3,926

**Use only as a general guideline. This program was funded in part by the USDA Food Stamp Program. Basic Food is available to all regardless of race, color, sex, age, handicap, religion, or political belief.*



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