



Gingered Butternut Squash and Green Apple Mash *in a new light*

Makes: 4 servings (2 cups)

Prep Time: 10 minutes

Cook Time: 40 minutes

Difficulty: Easy

Ingredients:

- 1 (20-ounce) package cut and peeled butternut squash
- 2 Granny Smith apples, peeled, cored, and cut into quarters
- 1/8 teaspoon salt
- 1/4 cup orange juice
- 2 tablespoons fresh ginger, minced and peeled
- 2 teaspoons packed dark brown sugar
- 1 teaspoon curry powder
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon grated nutmeg

Directions:

Preheat the oven to 425°F. Spray a large shallow baking pan with olive oil nonstick spray.

Combine squash, apples, and salt in the roasting pan; spray with olive oil nonstick spray and toss to coat. Spread the squash mixture in a single layer in the pan. Roast, stirring occasionally, until the squash and apples are tender and lightly browned, about 40 minutes.

Transfer the squash mixture to a food processor. Add orange juice, ginger, brown sugar, curry powder, cinnamon, and nutmeg; pulse until smooth. Serve at once.

Nutritional Information: *Per serving (1/2 cup): 120 calories, 0 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 6 g fiber, 1 g protein.*

Making it lighter

- Roasting the squash and apples brings out their natural deliciousness.
- Instead of adding fat-laden butter and cream, mix in a little orange juice and big bold spices like ginger and curry powder.
- A bit of brown sugar adds a touch of sweetness.

Materials have been reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.



A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. You may need more or less carbohydrates each day depending on how you manage your diabetes. Work with your healthcare team to determine a meal plan that works for you.