



**FRESH  
CONNECT**  
BUCKS COUNTY

*recipe*

## Winter Squash w/ Apples and Chili Spices

NAME OF DISH

### INGREDIENTS

- 1 pound of winter squash;  
peeled, seeded and cubed
- 1 small onion, diced
- 1 medium apple;  
Peeled, cored, diced
- 2 tablespoons olive oil
- 1 teaspoon of salt
- 1/2 teaspoon of pepper
- 1 teaspoon of chili powder
- 1/2 teaspoon of cumin
- 1/2 teaspoon of garlic powder

### INSTRUCTIONS

In a large sauce pan, bring 1 qt. of water to boil; par-boil the squash cubs for 2-3 min. Drain, drop into a large bowl of ice water, drain water again, and set aside. Heat a large skilled over medium-high until hot. Add the olive oil, squash apple, and onion. Reduce the heat to medium. Add the salt, pepper, chili powder, cumin and garlic powder. Cook, stirring frequently until the squash and apples are tender and the onions soft and fragrant. It will take 7-10 minutes.

SERVING SIZE: 4 VISIT [BCOC.ORG](http://BCOC.ORG) FOR MORE RECIPES!



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