



Butternut Squash Gratin

- 1 large butternut squash, peeled & cut into ¼-in. thick slices
- 1 medium onion, thinly sliced
- 1½ Tablespoons olive, canola, or vegetable oil
- 3 Tablespoons all-purpose flour
- 2½ cups fat-free milk
- 1½ cups whole-wheat breadcrumbs
- ½ teaspoon salt
- ¼ teaspoon pepper



1. Preheat oven to 425°F. Toss squash in a large bowl with 1 Tbsp oil. Spread in an even layer on a baking sheet. Roast, stirring once, until tender and beginning to brown, 20-25 minutes.
2. Heat the rest of the oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, for 5-8 min. Add flour, salt and pepper, and cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any brown bits. Cook, stirring, until the sauce bubbles, about 4 min. Remove from heat.
3. Preheat the broiler. Transfer half the squash into a broiler-safe dish, and cover with half the sauce. Layer the remaining squash on top, and cover with remaining sauce.
4. Sprinkle with breadcrumbs. Place in broiler and watch closely for 1-5 minutes, until gratin is bubbling and beginning to brown on top. Let stand for 10 minutes before serving

Makes: 8 servings

Nutrition Information:

CALORIES 140 (21% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 24g; FIBER 3g; PROTEIN 6g; CALCIUM 20%; IRON 6%



Spiced Pumpkin Bread

- 1 lb pumpkin or 1 cup canned pumpkin puree
- 1¾ cups whole wheat pastry flour
- 1/3 cup unsweetened applesauce
- ½ cup honey
- 2 eggs
- 1 tsp vanilla extract
- ½ teaspoon salt
- ½ teaspoon cinnamon, plus more for dusting
- ½ teaspoon ginger
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice or cloves
- 1 teaspoon baking soda
- Fat free cooking spray
- ¼ cup hot water



1. If using a fresh pumpkin, cut in half, scoop out seeds and strings, and lie face down on a foil-lined baking sheet. Bake at 350°F until soft, about 45-60 minutes. Cool and scoop out flesh.
2. Lower oven temp to 325°F and grease a 9x5 in loaf pan.
3. In a large bowl, beat applesauce and honey together. Add eggs and beat well.
4. Stir in pumpkin puree, vanilla, salt, cinnamon, ginger, nutmeg, and allspice. Stir in flour, just until combined.
5. Add baking soda to hot water, stir to mix, and add to batter. Mix until evenly distributed.
6. Spread batter onto pan. Sprinkle with cinnamon and bake for 60-65 min. Bread is done when a toothpick comes out clean. Let cool in the pan for 5 min, then transfer to a wire rack. Cool for 30 min. before slicing.

Makes: 12 servings

Nutrition Information:

CALORIES 130 (8% from fat); FAT 1g (sat -g); CHOLESTEROL 25mg; SODIUM 210mg; CARBOHYDRATE 27g; FIBER 3g; PROTEIN 3g; CALCIUM 2%; IRON 8%