

BUTTERNUT SQUASH AND APPLE PUREE

2 tbsp butter

1 medium onion, finely chopped

1 large butternut squash (~2 ½ pounds), peeled, seeded, and cut into 1-inch cubes

4 sweet apples, peeled, cored, and cut into 1-inch cubes

In large skillet, heat butter over medium heat. Add onion. Season with pepper and salt, if desired. Cook, stirring occasionally, until softened, 3 to 5 minutes.

Add squash, apples, and 1 cup water. Cover, and simmer until squash is tender and most of the liquid has evaporated, 15 to 20 minutes. (If skillet becomes dry, add a little water; if liquid has not evaporated by the time squash is tender, drain.)

Transfer squash mixture to blender and process until smooth. Serve.

Total time: 45 minutes

Serves 8

Adapted from recipe from Everyday Food