

## Maple-Flavored Butternut Squash Crisp

Servings: 6 @ 4 Points

Preparation Time: 15 min

Cooking Time: 80 min

### Ingredients

1 medium butternut squash

1 serving(s) butter-flavor cooking spray

1 large apple(s), sweet-variety, peeled, cut into 1/2-inch dice

1 cup(s) cranberries, fresh

3 Tbsp maple syrup, divided

2 Tbsp fat-free skim milk

1/4 tsp table salt

1/4 tsp black pepper

1/2 tsp curry powder

1 tsp butter

1 cup(s) dried bread crumbs, coarse-style, whole-wheat variety

### Instructions

Preheat oven to 400°F.

Cut squash in half lengthwise and then cut each piece crosswise in half again; remove seeds. Place squash, skin-side down, in a shallow roasting pan; coat with cooking spray. Roast until fork-tender, about 50 to 60 minutes; remove and set aside until squash is cool enough to handle. Reduce oven temperature to 350°F. (Note: To boil squash instead of roasting it, place squash in a large pot and pour in enough water to cover it. Bring to a boil and cook until fork tender, about 30 minutes; drain well and set aside until squash is cool enough to handle.)

While squash is cooking, combine apple, cranberries and 2 tablespoons of maple syrup in a medium-size heavy-bottomed pot; cover and cook over medium heat until cranberries are a pulp and apples are almost tender, about 7 to 10 minutes. (Note: Check apples halfway through cooking. If mixture is dry, add 1 tablespoon of apple juice.)

Once squash has cooled, peel squash and place in a blender with remaining tablespoon of maple syrup, milk, salt, pepper and curry powder; puree. Spoon squash mixture into a shallow 9-inch glass pie plate or casserole dish; gently spread apple mixture over squash.

Melt butter in small skillet over medium-high heat. Off heat, add bread crumbs to skillet and coat with cooking spray. Sauté crumbs for 2 minutes to coat; sprinkle over apples.