

# Fabulous Fall Menu

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For more information contact your county Utah State University Extension Office.

## Spaghetti Squash

1 small spaghetti squash  
Butter  
Salt and pepper

Cut squash in half. Cover baking sheet with tin foil. Bake at 375°F for 30-45 minutes, until tender, depending on the size of the squash. Serve with butter and salt and pepper, herbs, or spaghetti sauce.

## Apple Crisp

4-6 medium baking apples  
(Golden Delicious, McIntosh, or Rome work)  
1/2 cup flour  
1/2 cup brown sugar  
1/2 stick (1/4 cup) margarine  
Dash of salt  
Cinnamon  
Nutmeg

Spray a 9x9 inch pan with non-stick spray. Peel the apples and cut into small pieces, about 1/4 inch thick. (The thicker they are, the longer it takes to bake.) Place apples in pan. Stir flour, brown sugar, salt, and spices together. Mix in margarine until mixture is crumbly. Place on top of the apples and bake in a 350°F oven until a fork easily goes through the apples, about 30 minutes.

## Serve with steamed broccoli.

To steam broccoli, place the broccoli in a frying pan with about a 1/2 cup of water. Cover pan. Let cook over high heat until broccoli becomes slightly tender and bright green. This will not take long. Season with a little bit of salt or margarine. You may also cook the broccoli in the microwave with some water.