Autumn Turkey, Butternut Squash, and Apple Casserole
This savory dish uses seasonal ingredients that are rich in fiber, Vitamins A and C along with lean ground turkey, sage and a touch of creamy gorgonzola cheese for a satisfying healthy meal the whole family will love! Try swapping the ground turkey with your leftover Thanksgiving turkey or skip the turkey and serve as a meatless side dish. Serves 4

Ingredients
1 teaspoon olive oil
1 pound ground turkey (93% lean)
2 cloves garlic, minced (2 teaspoons)
½ cup minced onion or 2 large shallots, minced
1/2 cup low-sodium chicken broth or dry sherry
1 medium butternut squash (about 1 ½ pounds), peeled, seeds removed, and cut into ½ inch dice (about 4 cups)
2 large apples, peeled, cored, and cut into ½ inch dice (about 2 cups)
¼ teaspoon ground pepper
¼ teaspoon salt
1 tablespoon chopped fresh sage, plus leaves for garnish
¼ cup crumbled gorgonzola or blue cheese

Directions
1. Preheat oven to 450 degrees. Spray a 2-quart baking dish with vegetable oil spray.
2. Heat oil in a 12-inch skillet over medium-high heat. Add ground turkey and brown evenly, about 5 minutes. Add onion and garlic and sauté another 2 minutes.
3. Add chicken stock or sherry to deglaze the pan.
4. Add diced squash, apples, pepper, salt and sage. Cover with a lid and simmer 10-15 minutes, stirring occasionally, until squash is fork-tender.
5. Place turkey mixture in baking dish. Sprinkle with cheese. Bake uncovered for 10 minutes, until cheese has melted and is lightly browned.
6. Garnish with sage leaves.

Recipe Notes:
1. To make peeling the butternut squash easier, microwave the uncut squash for 3 minutes on HIGH or bake in oven for 10 minutes at 350 degrees. Cool and peel.
2. Got leftover cooked turkey? Just substitute it for the ground turkey.
3. This recipe is great for a meat-less Thanksgiving side dish. Just omit the ground turkey and follow the recipe.

Nutritional Information per Serving:
Calories: 300 Carbohydrates: 30g
Total Fat: 10g Cholesterol: 71mg
Saturated Fat: 4g Dietary Fiber: 6g
Protein: 25g Sodium: 328mg