



**Nova Scotia
Apples**
Pick An Original



Winter Squash Casserole

- 4 cups winter squash, cooked and well mashed
- 4 tbsp. butter or margarine
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. nutmeg
- 1/4 tsp. cinnamon
- 1 cup thick Nova Scotia applesauce
- 1 egg, separated
- 1/2 cup coarse breadcrumbs
- parsley and butter to top

Combine well-mashed squash, butter, seasoning, applesauce and egg yolk in a bowl and blend thoroughly. Beat egg white and fold into mixture. Turn into 1.5 L (6 cup) casserole dish. Top with bread crumbs, sprinkle with parsley and dot with butter. Bake at 190°C (375°F) for 40-45 minutes or until top is puffed up and crusty.

< [Back to Table of Contents](#)