

GREEN & GOLD BAKE

INGREDIENTS

1 Butternut Squash,
peeled & diced

3 Apples, peeled, cored &
diced

2 large Onions, peeled &
sliced

2 Tablespoons Oil

1 Tablespoon Butter

2 Tablespoons Dry
Mustard

1 Tablespoon Sugar

1 teaspoon Salt

5-6 leaves Russian Red
Kale, washed & chopped

4 oz Noble Springs Goat
Cheese

DIRECTIONS

Preheat Oven 375F

Dice Apples & Squash into roughly even pieces, about ½
inch dice.

Toss with 1 Tablespoon Oil, Dry Mustard, Sugar & Salt and
bake in the oven for about 25 minutes.

Meanwhile, Heat 1 Tablespoon Oil & Butter in a sauté pan
and add sliced Onions over a high heat until the Onions
begin to cook, then reduce the heat to low letting the juices
from the Onion caramelize slowly, about 20 minutes.

Once golden, add the Kale and wilt.

Season with Salt & Pepper. Arrange the Squash, Apples,
kale & Onions in a casserole dish and dot with Goat Cheese.

Bake for 25 minutes longer or until Goat Cheese is melted
and bubbly.