

Maple Bacon Butternut Squash and Apple Bake

This Maple Bacon Butternut Squash and Apple Bake is an easy and fun fall side dish, perfect for Thanksgiving, Friendsgiving, or dinner at home!

Course Side Dish **Cuisine** American

Keyword Fall Recipe, Friendsgiving, Thanksgiving, Weight Watchers, WW Side Dish **Prep Time** 15 mins

Cook Time 55 mins **Total Time** 1 hr 10 mins **Servings** 8 (rounded $\frac{3}{4}$ cup) servings **Author** Emily Bites

Ingredients

- 3 medium apples peeled and chopped into cubes (I used Gala apples)
- 1 teaspoon lemon juice
- 2 lbs cubed uncooked butternut squash cut into $\frac{3}{4}$ " - 1" cubes
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon vanilla extract
- 2 tablespoons salted butter
- 2 $\frac{1}{3}$ tablespoons maple syrup divided (2 tablespoons + 1 teaspoon)
- 6 slices center cut bacon

Instructions

1. Pre-heat the oven to 400.
2. Place the peeled and chopped apples into a large mixing bowl and add the lemon juice. Stir to coat the apples. Add the butternut squash and mix together. Sprinkle with the cinnamon, salt, and pepper, and add the vanilla extract. Stir until evenly coated.
3. Melt the butter in the microwave and then stir in two tablespoons of the maple syrup. Pour the maple butter over the squash and apples and stir until coated. Transfer the entire mixture to a baking dish (I used a 9x13) and spread out evenly. Cover the baking dish snugly with aluminum foil (or a lid if you have one) and bake in the oven covered for 45 minutes or until the squash is fork-tender.
4. While the squash and apples are baking, cook the bacon according to package instructions and set on paper towels to drain. Chop the bacon into small pieces and place it in a small bowl. Drizzle the bacon with the remaining teaspoon of maple syrup and then stir to coat the bacon.
5. When the squash is fork-tender, uncover the baking dish and sprinkle the maple bacon pieces evenly across the top. Return to the oven uncovered and bake for another 5-10 minutes until the bacon is sizzling and the squash and apples are cooked through.

Notes

To view your current WW Points for this recipe and track it in the WW app or site, [click here!](#)

WW Points per (rounded $\frac{3}{4}$ cup) serving: 3* (Points *calculated using the recipe builder in the WW app*)

*or 5 Points if following the diabetic WW plan

Nutrition Information per (rounded $\frac{3}{4}$ cup) serving:156 calories, 31 g carbs, 15 g sugars, 5 g fat, 2 g saturated fat, 2 g protein, 5 g fiber, 116 mg sodium (*from myfitnesspal.com*)

Weight Watchers Points Plus:4 per (rounded $\frac{3}{4}$ cup) serving (*PP calculated using a Weight Watchers PointsPlus calculator and the nutrition info*)

Adapted from A Cedar Spoon