BAKED STUFFED SQUASH

SERVES 4

INGREDIENTS

2 medium acorn squash, cut in half, seeds removed
2 large apples
1 ripe pear
1/4 cup raisins
2 tablespoons brown sugar
1/4 teaspoon cinnamon
1 tablespoon nutmeg
1 tablespoon orange juice or orange zest
1 tablespoon butter
1 tablespoon canola oil
1/4 cup apple cider or orange juice

DIRECTIONS

1. Preheat oven to 325°F and lightly oil bottom of baking dish.
2. Put squash in baking dish, placing cut side down. Add 1/4 inch of water to dish. Bake for about 45 minutes or until just soft.
3. Dice apples and pear while squash is baking.
4. Mix apples and pear with raisins, brown sugar, cinnamon, nutmeg, and orange juice (or orange zest).
5. Heat butter and oil together in a skillet. Add apple mixture and cook until fruit is golden brown (about 5 minutes).
6. Add apple cider. Stir. Simmer until fruit is tender.
7. Remove squash from oven. Pour off water from pan. Turn squash cut side up and fill with apple mixture. Bake for 15 minutes more.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition
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NUTRITION INFORMATION:

Calories: 281
Fat: 7.6 grams
Saturated Fat: 2.6 grams
Trans Fat: 0 grams
Cholesterol: 8 milligrams
Carbohydrates: 57.3 grams
Dietary Fiber: 7.7 grams
Protein: 2.6 grams
Sodium: 31 milligrams
Vitamin A: 19%
Calcium: 10%
Vitamin C: 54%
Iron: 11%