



Apple-stuffed Acorn Squash

Serves 2

1 cup chopped tart cooking apples*

¼ cup brown sugar, packed

1 Tbsp. butter, melted

¼ tsp. ground cinnamon

1 Tbsp. chopped pecans

1 medium acorn squash, halved and seeded

In a medium bowl, stir apples, brown sugar, butter and cinnamon to coat. Place squash cut-side up, in an 8 x 8-inch microwave safe baking dish. Fill each squash half with half of the apple mixture. Cover loosely with plastic wrap and microwave on high for about 20 minutes or until squash is soft. Sprinkle with pecans before serving.

*peelings may be left on if desired

Per serving: 300 calories, 9 g fat, 2 g protein, 59 g carbohydrate, 5 g fiber, 55 mg sodium

This recipe is 500 Club Approved and Foot Steps to Health recipe