

Spicy Apple-Filled Squash

Makes 4 Servings

Ingredients:

1 acorn squash (about 1 pound)
1 Golden Delicious apple, peeled, cored & sliced
2 teaspoons melted butter or margarine
2 teaspoons brown sugar
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
Dash ground cloves

Directions:

1. Heat oven to 350°F.
2. Grease a 1-quart baking dish. Halve squash and remove seeds; cut into quarters.
3. Place quarters, skin side up, in dish and cover; bake 30 minutes.
4. Meanwhile, in medium bowl, combine apple, butter, brown sugar, cinnamon, nutmeg, and cloves.
5. Turn cut sides of acorn squash up; top with apple mixture. Cover and bake 30 minutes longer or until apples are tender.

Cook's Comment:* Cinnamon, nutmeg and cloves complement the flavors of squash and apple while reducing the sugar and fat. Each serving has only 1/2teaspoon of sugar and of butter or margarine.

Cook's Tips*

- Before you begin, check that you have a baking dish large enough to hold your squash. You will need to use a lid or cover with foil. Holding in the steam while the squash cooks keeps it from drying out and it cooks faster.
- Test the apples and squash for doneness/tenderness by piercing them with a small knife, they should offer no resistance. Using a knife leaves the squash looking better than when poked with a fork!

Nutritional analysis per serving: Calories: 88; Fat: 3 g; Carbohydrate: 17 g; Protein: 1 g; Fiber: 3 g; Sodium: 24 mg; Cholesterol: 0 g

Source: Courtesy of Centers for Disease Control and Prevention - 5 A Day Fruits and Vegetables of the Month at www.cdc.gov/nccdphp/dnpa/5aday/month