



Spicy Apple-Filled Squash

Cinnamon and cloves spice up traditional acorn squash wedges.

Makes 4 servings. 1 wedge per serving.

Prep time: 10 minutes **Cook time:** 60 minutes

Ingredients

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| 1 large acorn squash
(about 1 pound) | 1 tablespoon brown sugar |
| 1 cup water | $\frac{1}{4}$ teaspoon ground
cinnamon |
| 2 teaspoons butter | $\frac{1}{8}$ teaspoon ground cloves |
| 1 large apple, cored, peeled,
and chopped | $\frac{1}{8}$ teaspoon nutmeg |

Preparation

1. Preheat oven to 400°F.
2. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in 13x9-inch baking dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes or until apple is crisp-tender.
5. Cut each piece of squash in half and divide the apple mixture equally among squash wedges. Return squash to oven; bake 10 minutes more or until heated through and serve while hot.

Nutrition information per serving: Calories 99, Carbohydrate 21 g,
Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg