



# Apple Stuffed Acorn Squash

**Servings:** 4

**Ingredients:**

- 2 acorn squash (1-2 pounds each)
- 4-6 apples, washed and chopped
- 8-10 sprays of low- calorie butter spray
- 1 teaspoon ginger
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 Tablespoon honey
- 2 Tablespoons brown sugar

**Directions:**

1. Wash whole squash. Pierce squash several times with fork. Place on paper towel and cook 6 minutes per pound in microwave on high.
2. Cut squash in half and remove seeds.
3. Cook apples in microwave for 5 minutes.
4. Combine apples and remaining ingredients and mix. Fill each half of squash with apple mixture.
5. Cook 2 minutes more on high power in microwave. Stir apples and cook another 2 minutes on high power.

**Nutrition Facts**

Serving Size 1/2 squash (412g)  
 Servings Per Container 4

Amount Per Serving

**Calories 220**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 10mg**      **0%**

**Total Carbohydrate 59g**      **20%**

Dietary Fiber 8g      **32%**

Sugars 30g

**Protein 2g**

Vitamin A 15%      • Vitamin C 50%

Calcium 8%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

