

# Apple-Stuffed Squash

Rating: ★

Makes: 8 Servings

## Ingredients

- 4 acorn squash (washed)
- 1 **tablespoon** butter (or margarine)
- 2 apples (chopped)
- 2 **tablespoons** brown sugar
- 1/2 **teaspoon** cinnamon

## Directions

1. Cut squash into halves and remove seeds. Place in a glass dish, cover with plastic wrap and microwave on high for 5 minutes.
2. Melt butter in a separate bowl in the microwave. Mix in apples, sugar, and cinnamon. Microwave for 1½ minutes.
3. Spoon apple filling into each squash half. Cover and microwave on high for 3-5 minutes until squash and apples are tender. Serve warm.

University of Maryland Extension. Food Supplement Nutrition Education Program.

## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 126    |                |
| Total Fat      | 2 g    | 3%             |
| Protein        | 2 g    |                |
| Carbohydrates  | 30 g   | 10%            |
| Dietary Fiber  | 4 g    | 16%            |
| Saturated Fat  | 0 g    | 0%             |
| Sodium         | 19 mg  | 1%             |

## MyPlate Food Groups

|            |            |
|------------|------------|
| Fruits     | 1/4 cup    |
| Vegetables | 1 3/4 cups |