Pecan-Stuffed Butternut Squash

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Taste of Home Shortcuts Issue - August/September 2011

Servings: 8

Preparation Time: 10 minutes Bake Time: 1 hour 15 minutes

2 medium (3 pounds ea.) butternut squash 3/4 teaspoon salt pepper (optional, to taste) 4 ounces cream cheese, softened 1/4 cup butter, softened 3 tablespoons brown sugar 1/2 cup pecans, chopped

Preheat oven to 350 degrees.

Cut each squash in half lengthwise. Discard the seeds.

Place the squash, cut side down, in two 13x9-inch baking dishes.

Add 1/2-inch of water.

Bake, uncovered, for one hour.

Turn the squash over.

Sprinkle with salt and pepper, if desired.

In a small bowl, beat the cream cheese, butter and brown sugar until light and fluffy.

Stir in the pecans.

Spoon the mixture into the squash cavities.

Bake 15 to 20 minutes longer or until the filling is lighty browned and the squash is tender.

Per Serving (excluding unknown items): 350 Calories; 16g Fat (36.8% calories from fat); 6g Protein; 55g Carbohydrate; 8g Dietary Fiber; 31mg Cholesterol; 319mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 3 Fat; 0 Other Carbohydrates.