

Roasted Squash with Cranberry Crumble

Integrated Marketing Services - Apopka, FL

Servings: 4

Preparation Time: 15 minutes

Cook time: 40 minutes

2 small acorn squash, whole

3/4 cup dried cranberries

1/2 cup 100% cranberry-raspberry juice

1/2 teaspoon orange zest

1/2 cup pecans, chopped

2 tablespoons brown sugar

1 tablespoon butter, softened

1 teaspoon ground ginger

Preheat the oven to 350 degrees.

Coat a baking sheet with nonstick cooking spray.

Microwave the squash on HIGH for 2 minutes. Let cool enough to handle. Cut the squash in half and scoop out the seeds.

Season the squash with salt to taste.

Place the squash, cut side down, on the baking sheet.

Bake 20 to 25 minutes or until almost tender but still slightly firm.

Meanwhile, in a small microwave-safe bowl, combine the cranberries, juice and orange zest.

Microwave on HIGH for 1 1/2 minutes or until the mixture begins to boil. Set aside.

In a small bowl, combine the pecans, sugar, butter and ginger.

Place the squash, cut side up, on a baking sheet.

Drain the juice from the cranberries and spoon the mixture evenly into the squash halves. Sprinkle with the pecan mixture.

Bake for 15 to 20 minutes or until the squash is tender and the pecans are golden.

Remove from the oven and let cool for several minutes.

Cut into wedges and serve.

Per Serving (excluding unknown items): 221 Calories; 12g Fat (45.7% calories from fat); 3g Protein; 30g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 38mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.