
Stuffed Squash Elegante

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 4

2 medium acorn squash
4 large tart apples
1 cup packed brown sugar
2 tablespoons lemon juice
1/8 teaspoon nutmeg
1 teaspoon cinnamon
2 tablespoons butter
1 teaspoon salt

Preheat the oven to 375 degrees.

Peel, core and finely chop the apples. In a bowl, combine the apples, brown sugar, lemon juice, nutmeg, cinnamon and salt.

Cut the squash in half lengthwise. Scrape out the seeds. Place the four squash halves upright in a shallow baking dish large enough to hold them comfortably. Divide the apple mixture among the four squash halves. Dot the top of each half with 1/2 tablespoon of butter. Cover the pan with heavy duty aluminum foil.

Bake for one hour. Uncover and bake for 15 minutes longer.

Side Dishes

Per Serving (excluding unknown items): 410 Calories; 6g Fat (12.7% calories from fat); 2g Protein; 93g Carbohydrate; 6g Dietary Fiber; 16mg Cholesterol; 622mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Fruit; 1 Fat; 3 1/2 Other Carbohydrates.