



PHOTO CREDIT: mlcastle

Apple-Stuffed Squash

Source: What's Cooking? USDA Mixing Bowl

Serving size: 1/2 squash with filling **Servings per recipe:** 8 Servings

This recipe adds an extra kick to the classical baked squash.

Ingredients

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

Materials

Knife, cutting board, spoons, bowl, glass dish, plastic wrap, microwave

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 1 1/2 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.

Nutrition Facts

Serving Size 1/2 squash with filling
 Servings Per Container 8

Amount Per Serving

Calories 126

% Daily Values*

Total Fat 2g **3%**
 Saturated Fat 0g **0%**
 Trans Fat 0g
 Polyunsaturated Fat 1g
 Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Potassium 789mg **23%**

Sodium 19mg **1%**

Total Carbohydrate 30g **10%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 2g **4%**

Vitamin C 42% • Calcium 8%

Iron 11% • Vitamin K 3%

Thiamin 20% • Niacin 10%

Vitamin B6 15% • Folate 10%

Phosphorus 8% • Magnesium 18%

Selenium 1% • Copper 8%

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

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Finger Lakes Eat Smart New York

1581 Route 88 North
 Newark, NY 14513
 (315) 331-8415



Cornell Cooperative Extension



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Finger Lakes ESNY is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider.

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