



# BAKED ACORN SQUASH with APPLE STUFFING

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## RECIPE

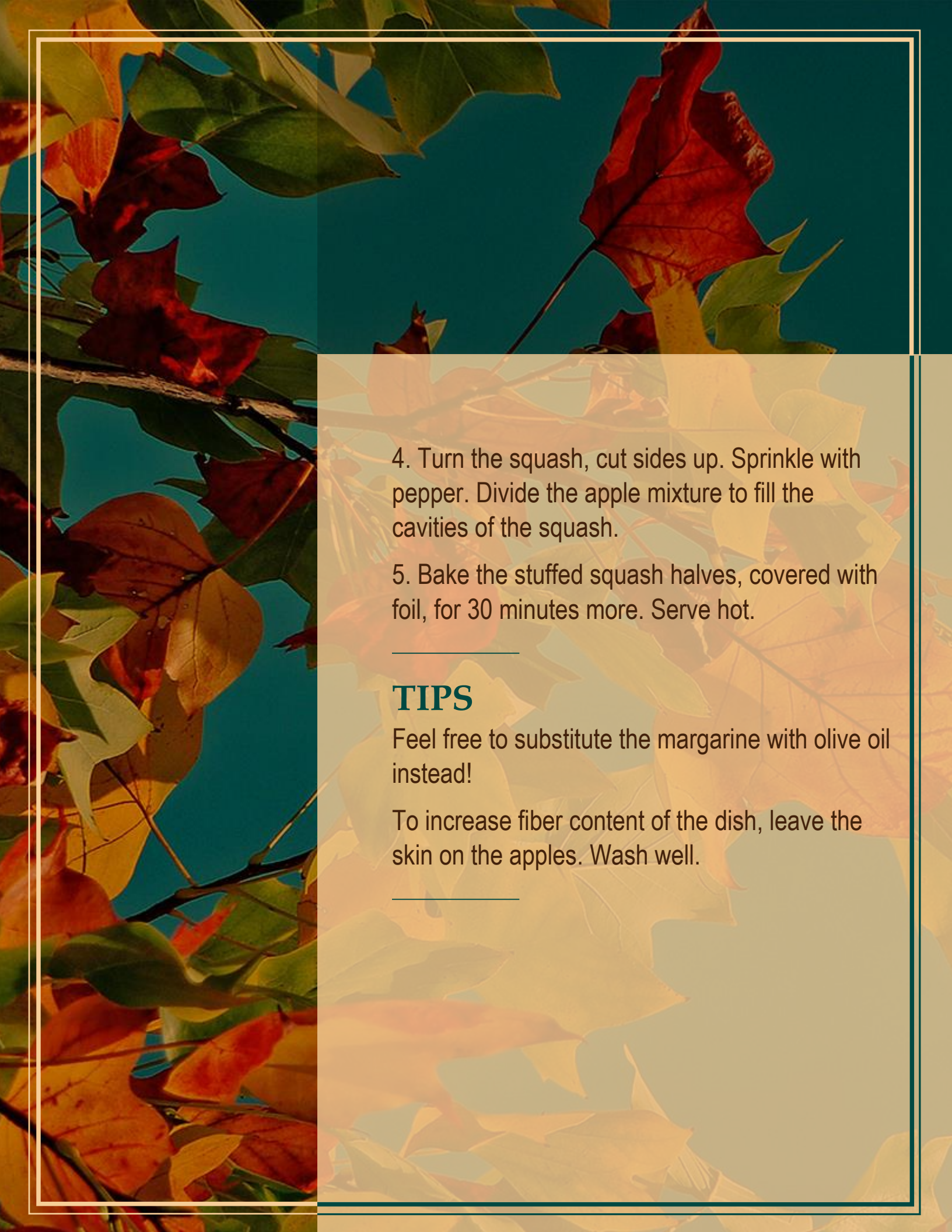
### INGREDIENTS

- 2 small acorn squash (1-1/2 pounds total), halved and seeded
  - 1 large or 2 small apples, peeled, diced
  - 2 tablespoons diced celery
  - 2 tablespoons finely chopped onion
  - 2 teaspoons margarine, melted
  - Pinch of freshly ground pepper
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### INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Prepare a square baking pan with nonstick spray.
2. Place the squash cut side down in a baking pan. Bake 20 minutes.
3. While the squash is baking, combine the apples, celery, onion, margarine, and 2 tablespoons water in a medium bowl; mix well.





4. Turn the squash, cut sides up. Sprinkle with pepper. Divide the apple mixture to fill the cavities of the squash.

5. Bake the stuffed squash halves, covered with foil, for 30 minutes more. Serve hot.

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## TIPS

Feel free to substitute the margarine with olive oil instead!

To increase fiber content of the dish, leave the skin on the apples. Wash well.

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