Learn more about nutrition with the free EatFresh.org Mini Course! Start or continue now >

Spicy Apple-Filled Squash

Budget-friendly recipe
0 Comments
Ready in: 1 hours 10 mins.

Cinnamon and cloves spice up traditional acorn squash wedges.

Ingredients

1 Large acorn squash *about 1 pound*
1 tablespoon Brown Sugar
¼ teaspoon Ground cinnamon
1 cup Water
2 teaspoons Butter
⅛ teaspoon Ground cloves
1 Large apple *cored, peeled, and chopped*
⅛ teaspoon Nutmeg

What You'll Need

Measuring spoon
Cutting board
Sharp knife
13x9 Baking dish
Fork
Medium saucepan

Directions

1. Preheat oven to 400°F.
2. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in 13x9-inch baking dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes or until apple is crisp-tender.
5. Cut each piece of squash in half and divide the apple mixture equally among squash wedges. Return squash to oven; bake 10 minutes more or until heated through and serve while hot.

Nutrition Info and more

Serving size: 1 piece

Total calories: 99
Total fat: 2 g
Saturated fat: 1 g
Carbohydrates: 21 g
Protein: 1 g
Fiber: 4 g
Sodium: 18 mg

---

http://eatfresh.org/recipe/desserts/spicy-apple-filled-squash