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# Apple Filled Squash

## Ingredients

2 acorn, buttercup or butternut squash

2 large apples, peeled, cored, chopped

2½ Tablespoons brown sugar

2½ Tablespoons melted butter

½ teaspoon cinnamon*

¼ teaspoon nutmeg*

1/8 teaspoon ground cloves*

Makes 4 servings

## Instructions

1. Preheat oven to 350° F.
2. Cut squash in half and remove seeds.
3. Place squash halves in baking dish cut side down in about 1 inch of water.
4. Bake for 20 minutes.
5. While squash is cooking, mix chopped apple with other ingredients.
6. Remove squash from oven, turn squash cut side up, and fill with apple mixture.
7. Continue to bake for 20 to 30 minutes or until tender.

Note:
- Substitute 1 teaspoon pumpkin pie spice* for cinnamon, nutmeg and cloves.

## Nutrition Facts

Serving Size 1/2 squash
Servings Per Container 4

| Amount Per Serving | |
|---|---|
| **Calories** 230 | Calories from Fat 70 |
| | **% Daily Value*** |
| **Total Fat** 8g | **12%** |
| Saturated Fat 4.5g | **23%** |
| Trans Fat 0g | |
| **Cholesterol** 20mg | **7%** |
| **Sodium** 60mg | **3%** |
| **Total Carbohydrate** 45g | **15%** |
| Dietary Fiber 7g | **28%** |
| Sugars 18g | |
| **Protein** 2g | |

Vitamin A 6% • Vitamin C 50%
Calcium 8% • Iron 10%

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

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

31% calories from fat

**Source:** Adapted from: From Farm to Table, A Cooking Series, Co-production of WMHT and Cornell Cooperative Extension of the Capital Region / www.eat3.org. October 2009

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