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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 - 31% calories from fat

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

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.

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	

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