



Stuffed Harvest Acorn Squash



1/4th of recipe (1 stuffed squash half): 199 calories, 2.5g total fat (1g sat. fat), 127mg sodium, 44.5g carbs, 5.5g fiber, 13.5g sugars, 4g protein

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Prep: 15 minutes **Cook:** 30 minutes



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Ingredients

Two 20-oz. acorn squash, halved, seeds removed
2 cups peeled and chopped Fuji or Gala apples
1 cup finely chopped onion
2 tbsp. golden raisins
1 tbsp. [light whipped butter or light buttery spread](#) (like I Can't Believe It's Not Butter! Light or Brummel & Brown)
1 tbsp. brown sugar (not packed)
1/4 tsp. cinnamon
Dash nutmeg
1/4 cup crumbled reduced-fat feta cheese

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place squash halves cut-sides down on the baking sheet. Bake until soft, 25 - 30 minutes.

When the squash has about 5 minutes left of cook time, bring a large skillet sprayed with nonstick spray to medium-high heat. Add all remaining ingredients *except* cheese. Cook and stir until apple and onion have softened, about 5 minutes.

Flip squash halves, and evenly fill with apple mixture. Sprinkle with cheese.

MAKES 4 SERVINGS

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