



## Acorn squash with apples

Serves 2

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### Ingredients:

- 1 Granny Smith apple, peeled, cored and sliced
- 2 tablespoons brown sugar
- 1 small acorn squash, about 6 inches in diameter
- 2 teaspoons transfat-free margarine

### Directions

In a small bowl, mix together the apple and brown sugar. Set aside. Pierce the squash several times with a sharp knife to let the steam escape during cooking. Microwave on high until tender, about 5 minutes. Turn the squash after 3 minutes to ensure even cooking. Place the squash on a cutting board and cut in half. Scrape the seeds out of the center of each half and discard the seeds. Fill the hollowed squash with the apple mixture. Return the squash to the microwave and cook until the apples are softened, about 2 minutes. Transfer the squash to a serving dish. Top each half with 1-teaspoon margarine and serve immediately.

### Nutritional Analysis (per serving)

Calories	270
Cholesterol	0 mg
Protein	2 g
Sodium	140 mg
Carbohydrate	52 g
Fiber	5 g
Total Fat	6 g
Potassium	1,015 mg
Saturated Fat	trace
Calcium	104 mg
Monounsaturated	2 g

### Diabetes meal plan exchanges

Starches	2
Fruits	1
Fats	1