



Acorn Squash with Apples

- 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

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

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

Diabetic Exchanges:

Starches	2
Fruits	1
Fats	1