

## SPICY APPLE-FILLED SQUASH

Servings: 4

Nutritional analysis per serving:  
Calories: 88 gm. fiber: 3 mg. Sodium: 24  
% calories from fat: 27

### Ingredients:

1 acorn or buttercup squash  
1 Golden Delicious apple, peeled, cored & sliced.  
2 teaspoons melted margarine  
2 teaspoons packed brown sugar  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
Dash of ground cloves



**Instructions:** Heat oven to 350. Grease a small baking dish. Halve squash and remove seeds; bake 35 minutes. Keep oven on. Cut squash halves in two; turn out sides up. In small bowl, combine apples, margarine, brown sugar, cinnamon, nutmeg and cloves and mix well. Top squash pieces with apple mixture. Cover and bake 30 minutes or until apples are tender. Serve. **Microwave Version:** To make Spicy Apple-Filled Squash in the microwave, halve and seed squash. Arrange, cut side up in thick paper towel on microwave floor. Microwave on high 6-7 minutes, rotating squash halfway through cooking time. Remove from microwave and place in microwave-safe dish; cut halves in two. In small bowl, combine apples, margarine, sugar and spices as above. Top squash pieces with apple mixture, cover and microwave on high 4-5 minutes or until squash and apples are tender.

**How to microwave Acorn, Buttercup, Banana or Hubbard Squash:** Wash squash and cut in 1/2-lb. pieces. Acorn squash should be cut in half lengthwise. If squash is hard to cut, microwave 1-2 minutes on high. **Arrange** 4 pieces in 8x8 or 12x8-inch baking dish covered. **Microwave** at high until fork tender, rearranging 2 or more pieces after half the cooking time.



## Spaghetti Squash With Parsley Garlic

Serving Size: 8

Nutritional analysis per serving:  
Calories: 102, gm. fiber 6 mg. Sodium: 23,  
% calories from fat: 17

**Ingredients:** 1 spaghetti squash  
(4lb./2 kg.) 5 cups

1 Tablespoon margarine  
3 cloves garlic, minced  
1 cup coarsely chopped fresh parsley or grated zucchini  
1/4 cup low-fat plain yogurt  
Freshly ground pepper

**Instructions:** In large pot of boiling water, cook whole spaghetti squash until tender when pierced with skewer, about 30 minutes (some varieties of spaghetti squash may take longer). In small skillet, melt margarine over medium-low heat; add garlic and cook until tender, about 1 minute. Drain squash and cut in half crosswise. Scoop out seeds. Run tines of fork lengthwise over squash to loosen spaghetti-like strands; scoop out strands into baking dish or serving bowl. Add garlic mixture, parsley, yogurt (if using), and pepper to taste; toss to mix. **Microwave method:** Pierce spaghetti squash in 10-15 places with a fork; place in microwave-safe dish and microwave at high(100%) power for 5-7 minutes per lb. or until tender when pierced with fork. Turn over halfway through cooking. Let stand 5 minutes. **To Steam:** Cut squash in half crosswise; scoop out seeds. Steam for 15-20 minutes or until tender.

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### SERVING IDEAS

Squash may be served in the rind or scooped out and mashed. Season as desired with salt and margarine. Other flavor toppings may include brown sugar, honey, pancake syrup or filling. Fillings may include miniature marshmallows, cranberry sauce and nutmeg baked inside the squash half the last 20 minutes of cooking.

For mashed squash, add seasonings or toppings listed above. Other variations may include adding applesauce or brown sugar and orange juice concentrate to the mashed squash.



## **Butternut Squash Bake**

*Serving Size: 6*

### **Ingredients:**

1/3 C. butter or margarine, softened

3/4 cup sugar  
2 eggs  
5 oz. evaporated milk (1 can)  
1 teaspoon Vanilla extract  
2 cups Butternut squash, cooked and mashed

**Topping:** 1/2 cup crisp rice cereal  
1/4 cup brown sugar, packed  
1/4 cup pecans, chopped  
2 Tablespoon butter or margarine, softened

In a mixing bowl, cream butter and sugar. Beat in eggs, milk and vanilla. Stir in squash (mixture will be thin). Pour into a greased 11x7x2" baking dish. Bake uncovered at 350 degrees for 45 minutes or until almost set. Combine topping ingredients; sprinkle over casserole. Bake 5-10 minutes or until bubbly.



## **Baked Butternut Squash Stuffed with Sausage and Apples**

*Serving Size: 4*

**Ingredients:** Two 1 lb. butternut squashes, halved and seeded

1 Tablespoon Vegetable oil  
8 oz. well-seasoned fresh bulk sausage  
1 large tart green apple, peeled and cut into 1/4" inch cubes  
2 Tablespoons butter, softened  
1 Tablespoon packed brown sugar  
1/4 Teaspoon ground sage  
Salt and pepper to taste  
1 Tablespoon butter, cut into bits  
1 Tablespoon dark brown sugar

Position oven rack in center of oven. Preheat oven to 375 degrees. Lightly oil a baking dish large enough to hold the squash. Halve squash lengthwise and remove the seeds and strings. Arrange squash cut side up in the baking dish and brush lightly with the oil. Cover with a lid or aluminum foil and bake until almost tender, 30-40 minutes. Keep the oven on.

Meanwhile, crumble the sausage into a skillet and cook over medium heat until no longer pink. Without draining off the fat, add the apple. Cook, stirring for several minutes just until crisp-tender. Remove from the heat. When the squash is cooked, let it cool slightly, then scoop out most of the flesh, leaving 3/8-inch thick shells. Lightly mix the squash pulp into the sausage mixture, breaking up the squash as little as possible. Mix in the butter, brown sugar, sage, salt and pepper. Pile the stuffing into the squash halves. Dot with bits of butter and brown sugar. Bake, uncovered, until piping hot and brown and crusty on top, 20-25 minutes. Let cool for several minutes before serving.

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