

## Sweet Acorn Squash Supreme for Two



### **Ingredients:**

1 acorn squash

¼ cup dried apricots, soaked in enough water to almost cover. Soak until soft, then dice.

1 ½ cups pineapple, chopped. Very easy to use canned.

2 Tablespoons raisins

2 Tablespoons chopped walnuts (a real plus in this recipe + natural Omega 3)

Ceylon Cinnamon – to taste. \*\*Ceylon is the healthiest cinnamon for you. \*\*

### **Instructions:**

Preheat oven to 350 degrees F. Blend apricots, pineapple, raisins, walnuts in small bowl.

Cut squash in half, remove seeds, and bake face down in ½ inch water for 45 minutes.

After the squash has cooked, remove from oven, drain off the water.

Turn the squash face up and scoop the fruit/nut mixture into the squash's center.

Cover loosely with aluminum foil.

Bake an additional 30 minutes.

Remove from oven and sprinkle with cinnamon.

**Acorns are especially high in potassium**, iron, vitamins A and E, and several other important minerals. One cup of cubed acorn squash (205g) provides a powerhouse of nutrition. The following acorn squash nutrition information has been provided by the USDA.

- **Calories:** 115; **Fat:** 0.3g; **Sodium:** 8.2mg; **Carbohydrates:** 30g; **Fiber:** 9g; **Protein:** 2.3g; **Magnesium:** 88.2mg; **Potassium:** 896mg; **Manganese:** 0.5mg