

# Southern Stuffed Acorn Squash

Serving size: 1 half

Serves: 4

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## Ingredients:

2 each	Acorn Squash
1 box	Cornbread Stuffing Mix
1 cup	Water
1 ounce	Margarine
¼ pound	Cornbread Stuffing Cubes
1 ½ ounces	Dried Apricots, Diced
1 ounce	Raisins
2 ounces	Yellow Onion, Diced
1 ½ ounces	Celery, Diced

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## Directions:

1. In a large pot combine water, seasoning packet (from stuffing mix) and butter. Bring to a boil
2. Meanwhile, in a very small amount of oil, sauté the apricots, raisins, onions and celery.
3. Combine fruit mixture with cornbread crumbs. Stir into boiling liquid.
4. Transfer to a bowl and cover tightly. You can make the stuffing a day ahead and store in your refrigerator. Please remember this will increase your final cooking time as you will have to reheat the stuffing again prior to stuffing the squash.
5. Cut a small circle from opposite sides of the acorn squash so that they will sit flat on the plate.
6. Halve each squash lengthwise and scoop out the seeds.
7. Roast in a 350 degree oven for 20 minutes or until a thermometer inserted into the middle of the squash reads 165 degrees.
8. Stuff each squash half with 4oz. Of the stuffing mix.
9. Serve or hold in a warm oven.

## Exchanges per serving:

2 ½ Grain; 1 Fruit; 2 Fat

## Nutrients per serving:

Calories: 221

Calories from fat: 44.8

Total Fat: 11g

Saturated fat: 2g

Cholesterol: 0mg

Sodium: 86mg

Total Carbohydrate: 49g

Dietary Fiber: 5g

Sugars: 7.4g

Protein: 5g

Vitamin A: 1310

Vitamin C: 23.9mg

Potassium: 1025.0mg

