



ACORN SQUASH

November 18, 2009

4 Servings/Serving size: ¼ recipe

INGREDIENTS

2 medium acorn squash (about 1 lb. each)
¾ lb. ground beef or turkey
1 small onion, diced
1 cup nonfat mozzarella, shredded
¼ cup catsup
¼ teaspoon sugar
Pepper to taste

METHOD

1. Cut squash in half, lengthwise. Remove seeds. Cook squash in ½-inch deep water in covered skillet (consider using an electric skillet). This takes about 10 minutes. Drain liquid from squash cavities.
2. Meanwhile, brown meat and onion in saucepan, stir in rest of ingredients. Turn off heat and use heat in burner to finish heating mixture, stirring frequently.
3. To serve, place squash cut side up on plates; sprinkle lightly with pepper if desired. Spoon meat mixture into squash centers.

Nutrition Facts

Starch/Bread Exchange 1

Lean Meat Exchange 4

Calories 252, Carbohydrate 17 grams, Protein 28 grams, Fat 8 grams (29%), Saturated fat 3 grams, Cholesterol 44 milligrams, Fiber 1 gram, Sodium 187 milligrams



CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

Providing guidance and support to make the “healthy choice the easy choice.”

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