

# ACORN SQUASH FILLED WITH DRIED APRICOTS AND PLUMS

August 5, 2009

*Serves 4, 1/2 squash per serving*

Vegetable oil spray  
2 acorn squash (about 1 pound each), halved and seeded  
1/2 cup dried apricots, chopped  
1/4 cup orange-flavored dried plums, chopped  
1/4 cup fresh orange juice  
1 teaspoon ground cinnamon  
1/4 teaspoon ground allspice or ground nutmeg  
2 tablespoons light tub margarine

1. Preheat oven to 350°F. Lightly spray a 13 × 9 × 2 inch baking pan with vegetable oil spray.
2. Pierce the skin of the squash in several places with a fork or the tip of a sharp knife. Put the squash with the cut side up in the baking pan.
3. In a small bowl, stir together the remaining ingredients except the margarine. Spoon into the squash cavities. Cover the pan with aluminum foil.
4. Bake for 1 hour and 15 minutes, or until the squash is tender when the flesh is pierced with a fork. Remove from the oven.
5. Dot the margarine over the filling in each square half. Let the margarine melt before serving the squash.

#### **Nutrition Facts per serving**

**Exchanges:** 1 1/2 starch, 1 fruit

**Calories** 162, calories from fat 23, **Total Fat** 3g, saturated fat 0g, polyunsaturated fat 0.6g, monounsaturated fat 1.3g, **Cholesterol** 0mg, **Sodium** 53mg, **Total Carbohydrate** 36g, Dietary Fiber 8g, Sugars 18g, **Protein** 2g

#### **CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM**



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*Providing guidance and support to make the "healthy choice the easy choice!"*

