



APPLE STUFFED ACORN SQUASH

By Dr. Cindy Tanzar
(Maintenance)

Warm, comforting, and naturally sweet, this Apple Stuffed Acorn Squash is a perfect blend of tender roasted squash, buttery cinnamon apples, and crunchy pecans. A wholesome dish ideal for maintenance or special occasions, it brings cozy fall flavors to your table in every bite.

Makes 4 servings.



INGREDIENTS

- 2 acorn squash, cut in half and seeded
- 4 Tbsp Kerry Gold butter, divided
- 1/2 medium onion, chopped
- 2 medium Granny Smith apples, peeled, seeded and chopped
- 2 Tbsp Swerve Brown or Lakanto Golden
- 1 tsp. ground cinnamon
- 1/4 cup pecans, chopped
- Pink Himalayan salt, to taste



INSTRUCTIONS

Preheat oven to 400°F. Line a large baking sheet with foil or parchment paper.

Pierce the squash flesh several times with a knife and place on the baking sheet.

To hold squash upright, you can wedge a piece of foil into a loose ball, then press the halved squash down part way on it.

Melt 2 Tbsp of butter and brush onto the squash. Salt to your liking.

Roast for 45 minutes.

While squash is roasting, sauté onions and apples in remaining 2 Tbsp of melted butter over medium heat, just until onions are soft and translucent – about 10 minutes. Add Swerve Brown and cinnamon and set aside.

After 45 minutes, remove squash from oven. Stir the pecans into the apple mixture and equally divide it among the squash.

Roast for another 10-20 minutes, depending on the size of your squash. A knife inserted into the flesh should pierce easily.

So good!