

Acorn Squash



The nutritional content of 1-cup baked acorn squash is 115 calories, 29.9 grams of carbohydrates (including 9 grams of dietary fiber), 0.3 total grams of fat (0.1 grams of saturated fat), and 2.3 grams of protein.

Acorn squash is rich in vitamin C, thiamin, vitamin B6, vitamin A, folate, pantothenic acid, potassium, manganese, and magnesium.

Pear & Lentil Stuffed Acorn Squash

Serves 2 Prep Time: 10 minutes Cook Time: 45 minutes

Ingredients

1 acorn squash	1 tablespoon butter, divided
1 cup cooked lentils	1 medium pear, chopped
1 carrot, chopped	1 celery stalk, chopped
½ medium onion, chopped	1 sprig fresh rosemary, minced
2 tablespoons extra virgin olive oil	
Chopped dried cherries and toasted pumpkin seeds (optional)	

Directions

1. Preheat oven to 375. Cut acorn squash in half and scoop out seeds. Place squash in baking pan with ½ inch of water on the bottom. Divide butter between the squash halves and add to the cavities. Bake for about 45 minutes, until flesh is soft.
2. While squash is cooking heat sauté pan to medium-high. Add olive oil, onions, celery, carrots & rosemary. Sauté for about 5 minutes, until softened. Add pears and sauté for another 3-4 minutes. Transfer to a large bowl and add lentils, cherries & pumpkin seeds. Season generously with salt and pepper.
3. Once squash is cooked, remove from oven. Using a fork, scrape the flesh so that the butter is absorbed. Fill the squash with stuffing mixture and serve.