

Apple-Cran Squash

This colourful side dish looks gorgeous on a festive table. If you can't find small butternut squash, choose another kind, such as acorn or delicata.

Small butternut squash (about 1 lb., 454 g, each)	2	2
Chopped peeled cooking apple (such as McIntosh)	2 cups	500 mL
Fresh (or frozen, thawed) cranberries	1/3 cup	75 mL
Chopped pecans	1/4 cup	60 mL
Brown sugar, packed	1 1/2 tbsp.	25 mL
Orange juice	1 1/2 tbsp.	25 mL
Butter (or hard margarine), softened	1 tbsp.	15 mL
Ground cinnamon	1/2 tsp.	2 mL
Grated lemon zest	1/4 tsp.	1 mL

Cut squash in half lengthwise. Discard seeds. Arrange squash, cut-side down, on ungreased baking sheet. Bake in 350°F (175°C) oven for 25 minutes.

Combine remaining 8 ingredients in small bowl. Turn squash over, cut-side up. Spoon apple mixture into squash cavities. Bake in 350°F (175°C) oven for about 20 minutes until squash is tender. Serves 4.

1 serving: 214 Calories; 8.5 g Total Fat (5.2 g Mono, 1.7 Poly, 1.1 Sat); 0 mg Cholesterol; 37 g Carbohydrate; 5 g Fibre; 3 g Protein; 45 mg Sodium

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