

Savory Microwave Stuffed Squash

Ingredients:

2	2	small acorn squashes
25 mL	2 tbsp	butter or margarine
15 mL	1 tbsp	brown sugar
1 mL	¼ tsp	pepper
1 mL	¼ tsp	allspice
1 mL	¼ tsp	cinnamon
1 mL	¼ tsp	nutmeg or ginger

Preparation:

1. Pierce the whole squash with a fork. Microwave each squash on high for 8 to 12 minutes. Turn once, part way through. Let stand 5 to 10 minutes.
2. Cut cooked squash in half crosswise. Remove seeds with a spoon and discard. Scoop out the squash pulp with a spoon, leaving a ½ inch (1 cm) rim next to the skin.
3. In a large bowl, stir pulp with butter or margarine, brown sugar, pepper, allspice, cinnamon, and nutmeg or ginger. Mash with a potato masher or a fork.
4. Spoon squash mixture back into the shells and serve.

Makes 4 cups

Preparation Time: about 25 minutes

Equipment:

- fork
- bowl
- knife
- potato masher or fork
- spoon

Canada's Food Guide Servings:

½ cup squash is 1 VEGETABLE
AND FRUIT serving

