

Baked stuffed squash



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

15 minutes preparation; 40 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 small buttercup, acorn, or other winter squash
- 1/2 cup tart cooking apple, chopped
- 2 teaspoons packed brown sugar
- 2 teaspoons butter or margarine, softened
- 1/2 teaspoon lemon juice
- 1/8 teaspoon ground nutmeg

Directions

1. Heat oven to 400 degrees F. Cut squash in half; remove seeds and fibers.
2. Place squash halves, cut side up in ungreased baking dish (11 by 7 by 1 1/2 inches).
3. Mix remaining ingredients. Spoon into squash halves.
4. Cover and bake for 30 to 40 minutes or until squash is tender. (Baking time may vary for a winter squash other than buttercup.)

Tips and variations

- You can substitute any winter squash for the acorn squash in this recipe.
- Buy extra squash when it is on sale in the fall. It generally stores for a month or more in a cool, dark place.
- Baked stuffed squash freezes well.
- If you have leftover stuffed squash, remove and discard the squash peel. Chop the squash. Add the chopped squash and stuffing to oatmeal, a grain or lettuce salad, or a wrap.

Nutritional info

Calories

74

Total fat

2 g
Saturated fat
1 g
Cholesterol
5 mg
Sodium
19 mg
Total carbohydrates
15 g
Dietary fiber
2 g
Protein
1 g
Total sugar
3 g
Allergens
Dairy

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