

Baked Acorn Squash

This baked dish might just become one of your new fall favorites! Its heavenly aroma will draw even the kids to the table to taste this delicious (and pretty) dish.



Ingredients:

- 1 acorn squash
- 1 apple
- 2 Tbsp raisins
- 1/4 cup chopped pecans or walnuts
- 2 Tbsp honey

Directions:

1. Preheat oven to 350 degrees.
2. Cut acorn squash in half. Trim the top and bottom just slightly, so that each half will sit upright in baking dish.
3. Scoop out the seeds and pulp (you can bake seeds on a separate cookie sheet; drizzle with olive oil and sprinkle with sea salt; stir occasionally during baking)
4. Place each half of acorn squash upright in a baking dish in about 1 inch of water.
5. Fill the cavity of the squash with apples, raisins, nuts. Drizzle with honey.
6. Cover with aluminum foil.
7. Bake approximately 1 hour. Serves 2.