



STUFFED ACORN SQUASH

The holidays are a carbohydrate feast. Vegetables are in numerous forms, some favorable and some not as favorable. However eating unfavorable carbohydrates in small amounts are OK. This is not a favorable carbohydrate recipe. It is very delicious and one acorn squash can be divided into fourths. This is a very festive looking dish. If you are a vegetarian you may add tofu or tempeh to this for additional protein.

4 medium acorn squash
½ package fresh or frozen cranberries
1/3-cup raisins simmered in 1-cup water for 20 minutes (save water)
¼ cup chopped walnuts
2 apples (Macintosh or Cortland) peeled and finely chopped
2 teaspoons brown rice syrup or honey

Mix all the ingredients except the squash together, including the water from the raisins. If the mixture looks dry add a little apple juice to moisten. Cut tops off squash and trim bottom so squash sits flat. Fill each squash as full as possible, packing mixture tightly into squash. Put in microwave dish and cover with wax paper. Cook on high for 30 minutes. If any stuffing is left it can be cooked separately for 5 minutes on high. If microwave is not available bake in oven at 350 for 1 hour or until squash is soft. This dish works better in the microwave, the cranberry's pop and are very juicy, and the oven makes them a little drier. If the squash is cut into fourths it will serve 16. They can be made in advance and reheated.

Zone Tip: Everything in moderation.