

Autumn Acorn Squash

Serving size: ½ squash with filling

Makes 4 Servings

Ingredients:

2 acorn squash (about 1½ pound each), rinsed
2 tablespoons extra virgin olive oil, divided
½ medium onion, diced
½ pound lean ground beef (10% fat or less)
1 medium carrot, diced
1 medium stalk of celery, chopped fine
1 poblano pepper, seeded and diced
1 clove garlic, minced
Dash of salt
Dash of coarse black pepper
2 tablespoons fresh parsley, chopped fine
1 teaspoon fresh thyme leaves
½ teaspoon fresh sage, diced
1/3 cup dried cranberries, diced
1 cup cooked brown rice
½ cup grated cheese, 50-50 mix fresh parmesan and part skim mozzarella

Directions:

Preheat oven to 350 degrees.

Cut each squash in half crosswise and scoop out the seeds. Cut a thin slice off the bottom of each half so it can stand upright. Brush inside using 1 tablespoon of the olive oil. Place each half, cavity side down, in a baking pan and cover tightly with foil. Bake at 350 until tender when pierced, about 45 minutes.

Meanwhile in a large skillet, heat the remaining olive oil over medium heat. Sauté the onions until tender. Add the beef and cook just until it begins to brown but still has some pink. Do not over cook. Add the vegetables, spices, herbs and cranberries and cook until the carrots are tender. Stir in the cooked rice and set aside.

Remove the squash from the oven and fill each half equally with the sautéed mixture. Top with the cheese. Return to the oven and bake uncovered for 5 minutes to melt the cheese. Serve hot.

Exchanges per serving:

1 Lean Meat, 2 Starches, 3 Vegetables, 2 Fats

Nutrients per serving:

Calories: 354
Calories from fat: 120
Total Fat: 13g
Cholesterol: 35mg
Sodium: 102mg
Total Carbohydrate: 48g
Dietary Fiber: 6g
Protein: 15g