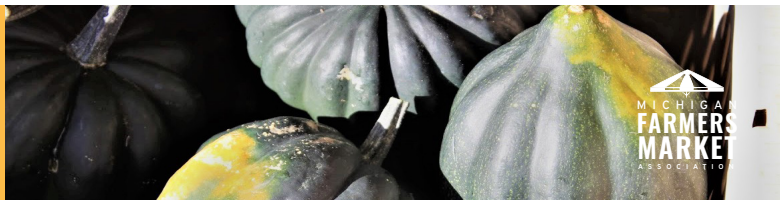


APPLE STUFFED ACORN SQUASH

INGREDIENTS:

- 1 large acorn squash, halved and seeded
- 1 cup water
- 3 tbsp melted butter
- 1/2 tsp lemon juice
- 2 tbsp brown sugar*
- 1/2 tsp cinnamon
- 1 large granny smith apple, peeled, cored, and chopped
- 1/3 cup chopped nuts (optional)

*can substitute with 1 tbsp honey or maple syrup



PREPARATION:

1. Preheat oven to 350°F
2. Place squash, cut side down, in a large baking dish. Pour water into bottom of pan. Bake for 20 minutes.
3. Meanwhile, combine butter, lemon juice, brown sugar, cinnamon, and chopped apples.
4. Divide mixture evenly among partially cooked squash and return to oven for 30 minutes.
5. Sprinkle with chopped nuts and serve.

Recipe source: *Tomac Pumpkins*



Shop at your farmers market, make this recipe, share your photo. #MIFarmersMarkets

FOOD SAFETY TIPS

- Store pumpkins and squashes in cool and dry conditions. Optimal storage conditions are 50 to 55°F.
- Wash the exterior of the squash before using. The seeds may be scooped out before or after cooking.
- Because the rind makes some squash difficult to peel, it may be easier to cook the unpeeled squash and then scoop out the cooked flesh.

Food safety tips provided by Tomac Pumpkins.

This recipe was provided by the Michigan Farmers Market Association. Development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development. For more recipes and program information, please visit mifma.org.

