



## **Baked Squash with Apples and Cranberries**

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### **Ingredients:**

- Acorn squash (about 2 to 2½ lbs total)
- Nonstick cooking spray
- 1½ cups fresh cranberries
- ⅓ cup frozen apple juice concentrate, thawed
- 3 tablespoons brown sugar
- 1 teaspoon finely shredded orange peel
- ⅛ teaspoon ground cloves
- medium tart apples (such as Granny Smith), peeled, cored and cut into ½-inch-thick slices
- 2 tablespoons maple-flavored syrup
- 2 tablespoons chopped, toasted pecans

### **Directions:**

- Cut squash crosswise into 1/2-inch slices. Remove seeds and strings. Lightly coat a 15x10x1-inch baking pan with cooking spray. Arrange squash slices in baking pan, overlapping slightly, if necessary. Bake, uncovered, in a 350° oven 25 to 30 minutes or until squash is tender, turning once during baking.
- Meanwhile, in a medium saucepan combine the cranberries, apple juice concentrate, brown sugar, orange peel, and cloves. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes or until slightly thickened. Stir in apples. Simmer, covered, for 7 minutes more or just until apples are tender, stirring occasionally. Remove from heat. Stir in maple syrup.
- To serve, arrange squash slices on plate. Spoon the apple mixture over the squash pieces.
- Sprinkle with pecans.

**Yield:** 5 servings

**Nutritional Information:** Calories 207; Total Fat 3g; Saturated Fat 0g; Monounsaturated Fat 1g; Polyunsaturated Fat 1g; Cholesterol 0mg; Sodium 19mg; Carbohydrate 48g; Total Sugar 21g; Fiber 6g; Protein 3g

Recipe Source: [hearthealthyonline.com](http://hearthealthyonline.com)

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.

Heartland Health – Wellness Connections  
5325 Faraon, St. Joseph, MO 64506  
816-271-7808  
[www.heartland-health.com](http://www.heartland-health.com)