

Acorn Squash Stuffed with Apricots and Cornbread

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7217&news_iv_ctrl=1128

Ingredients

- 4 cups cornbread, cut into ½-inch cubes
- 2 Tbs. extra-virgin olive oil, plus additional for brushing squash
- 2 large Spanish onions, thinly sliced
- ½ cup finely diced celery with leaves
- 2 Tbs. finely chopped fresh sage
- 2 tsp. finely chopped garlic
- 1 ½ cups hot water or vegetable broth
- ½ cup chopped dried apricots
- ½ cup chopped pecans, lightly toasted (optional)
- 2 Tbs. finely chopped parsley
- Salt and freshly ground black pepper, to taste
- 3 large acorn squash, halved and seeded
- Boiling water

Instructions

1. Preheat oven to 400 degrees. On baking sheet, spread cornbread cubes and toast until lightly browned, 15-20 minutes. Transfer to bowl and set aside.
2. In heavy 2-quart pot, heat oil over high heat. Add onions, celery, sage, and garlic and sauté 20 minutes. Add water or broth, apricots and pecans, if desired. Simmer until two-thirds of liquid is absorbed, about 10 minutes.
3. Fold vegetables, parsley, salt, and pepper into cornbread. When ready to beak, preheat oven to 350 degrees. In baking pans large enough to hold them in single layer, place squash halves cut-side down. Brush skin lightly with oil. Pour ½-inch boiling water into pans and bake 20 minutes, until squash are halfway cooked. (Or, in microwave-safe dish, microwave 10-15 minutes, until halfway cooked.)
4. Transfer squash to plate until cool enough to handle. (This can be done 8 hours ahead.) Fill squash with stuffing and return, stuffing side up, to pan. Bake about 1 hour, until squash pierce easily with tip of knife. Before serving, cut each squish half in half again.

Makes 12 servings

Nutrition information per serving:

Calories	212
Carbohydrates	33 g
Dietary Fiber	4 g
Protein	3 g
Total Fat	8 g
Saturated Fat	2 g



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