

Bite of the Week: Stuffed Butternut Squash

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In today's Bite of the Week, I thought I would share one of my favorite fall recipes. In it, halves of butternut squash are stuffed with apples, red onions, and pecans and then baked until tender.

Serves 4 | Serving Size: 1/4 squash
Total Time: 80 min | Prep: 10 min | Cook: 70 min

Ingredients:

2 baking apples, peeled, cored and diced
1/2 red onion, diced
3 tablespoons apple juice concentrate
1 tablespoons pecan pieces, coarsely chopped
1/2 teaspoon cinnamon
2 butternut squash, cut in half lengthwise and seeds removed

Directions:

Preheat the oven to 350°F. Toss the diced apples with the onion, apple juice concentrate, pecans, and cinnamon. Prepare the butternut squash halves and place into a large baking dish. Pour about 1/4 inch of water into the bottom of the baking dish. Place a generous amount of stuffing into the cavity and down the center of each squash half. Cover with foil and bake for 50-60 minutes. Squash are done when fork tender.

This would make a great addition to a fall newsletter, or the fun start of a social media project in which you have your clients prepare the recipe and share photos of the results. Feel free to have fun with it!