

Fruit-Filled Squash

1 small cooking apple, cored, thinly sliced
1 medium Bartlett pear, cored, thinly sliced
¼ cup raisins
1 teaspoon ground cinnamon, or ground allspice
1 tablespoon lemon juice
1 large acorn squash, quartered, seeded

Combine apple, pear, raisins, cinnamon, and lemon juice in medium bowl. Place squash in lightly greased baking pan. Fill centers with fruit mixture. Cover pan tightly with aluminum foil; bake at 350 degrees until squash is tender, about 1 hour, removing cover for last 10 minutes of cooking time.

Note: Other fruits such as oranges, peaches, nectarines, or pineapple may be substituted for apples and pears.

Serves 4. *Per serving: 121 calories, .5 gram fat, 32 grams carbohydrate, 5 mg sodium, 0 mg cholesterol, 3 grams fiber.*

Adapted from our new “Cookbook of the Quarter,” *1,001 Low-fat Recipes* by Sue Spitler. Available at Barnes & Noble discounted 20% at the Asheville location through December.

Winter squash of any kind is always a staple in my household during the fall/winter season. I usually simply bake it on a cookie sheet, or if I’m in a hurry, cut it into slices and steam it. Remember to save the steam water for soup stock. A patient asked me today if it would be better to use sugar or honey when baking squash. I answered neither. If the squash has a deep, rich yellow or orange color the flavor should be exquisite with little if any seasoning.

This recipe is a healthier version than most people prepare, using fruit as a natural sweetener instead of sugar. I’m sure you’ve heard the story of the lady who cuts off the ends of her ham before she bakes it because her mother and grandmother had always done it that way. It turns out her grandmother cut the ends off the ham only because it was too large to fit in the pan. Don’t limit yourself to old habits. Try preparing foods in a new and healthier way.

Your partners in health,
Candace and Lucy