

# Get Healthy Cenla!

## Apple & Pear Filled Acorn Squash

Source: ZenBelly.com

prep time: 20 minutes | cook time: 75 minutes | serves: 4-8

**Make ahead:** Can be assembled up to 2 days ahead of time and refrigerated.

### Ingredients:

- 2 small to medium acorn squash
- 1-2 apples, thinly sliced
- 1-2 pears, thinly sliced
- 4 tablespoons ghee or butter, melted
- 2 tablespoons maple syrup (optional)
- sea salt
- cinnamon

### Instructions:

1. Preheat the oven to 350°F.
2. Cut the squash in half lengthwise and scoop out the seeds and membrane. If the halves roll around a bit, cut a small slice from the bottom side to get them to sit flat.
3. Arrange the apple and pear slices in the squash. Divide the ghee and maple syrup (if using) amongst the halves.
4. Season each with a pinch of salt and a sprinkle of cinnamon.
5. Place on a baking sheet and roast for 60-75 minutes or until the squash is tender. Serve warm.



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