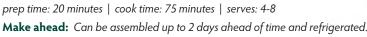
Get Healthy Cenla!

Apple & Pear Filled Acorn Squash

Source: ZenBelly.com



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.

