

Stuffed Acorn Squash with Apples and Cranberries

Acorn squash on its own is delicious; stuff it with seasonal fruit and ground turkey and you've got a healthy main course that's sure to become a family favorite.



INGREDIENTS

- 2 medium acorn squash
- 1 1/2 teaspoons olive oil, separated
- 1/8 teaspoon crushed red pepper
- 4 cloves garlic, minced
- 1/2 cup sliced scallions
- 1 cup coarsely shredded (prepackaged) carrots
- 1 bag (12 oz.) ground turkey or ground beef alternative
- 1 medium Granny Smith Apple, peeled, diced
- 3 tablespoons fresh lime juice
- 1 cup dried cranberries
- 1/4 cup mirin (rice wine)

Servings: 4

PREPARATION

1. Preheat oven to 375°F. Halve squash crosswise, seed, and place cut side down in 1" of water in a 9" by 13" pan.
2. Bake for one hour while preparing stuffing. Discard water and replace squash in pan, cut side up.
3. Heat oil and crushed pepper in 10" frying pan over medium-high heat. Add garlic, scallion, and shredded carrots. Sauté 3 minutes.
4. Add beef alternative and cook 5 minutes, stirring frequently. Drizzle diced apple with lime juice.
5. Add to pan with cranberries and mirin. Lower heat to simmer and cook 5 minutes.
6. First, spray the flesh of each squash with olive oil and divide the filing among the four halves.
7. Cover each with foil and bake for 10 minutes, or until heated through.
8. Serve with jellied cranberry sauce.

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