

Acorn Squash Cups with Ginger Apple Stuffing

CARAMELIZED ROASTED SQUASH with sweet and savory fruit stuffing make this a satisfying and warming side dish that you may just want to eat for breakfast (or even dessert).

- 2 small acorn squash
- 1 tablespoon virgin coconut oil
- ½ cup chopped red onion
- ½ cup chopped celery
- 1 heaping tablespoon grated fresh ginger
- 2 tart red apples, chopped
- ½ cup raisins
- ¼ heaping teaspoon ground cinnamon
- 3 tablespoons maple syrup

Preheat oven to 400°F. Line a baking sheet with parchment paper.

Cut squash in half crosswise. Scoop out and discard seeds and trim off stems and pointed ends so they sit flat. Place skin-side up on prepared baking sheet and roast 30 minutes or until soft (time will depend on size of squash). Remove from oven and set aside.

Melt coconut oil in cast iron skillet over medium-low heat. Add onion, celery, ginger and apples and sauté until just soft (about 3 minutes). Add raisins, cinnamon and maple syrup and sauté until just soft and caramelized (about 3 minutes longer). Remove from heat, fill each squash half with an equal amount of stuffing and serve.

SERVES 4