

ACORN SQUASH AND APPLE PUREE



A Heart Healthy Recipe for a stick-to-your-ribs side dish, as seen on *My Health. My Medicare.*

1 acorn squash, halved (discard seeds and strings)

1 medium apple, cut into 1-inch pieces

1/2 tbsp. butter or margarine

Freshly grated nutmeg to taste

- Arrange the squash, cut sides down, in a glass dish.
- Microwave the squash at high power (100%) for 10 minutes.
- Now, microwave the cut apple and the cooked squash 4 to 6 minutes at high power, until tender.
- Scoop out the squash, discard the skin, pour off any liquid from the apple, and puree the cooked apple and squash.
- Add butter (or margarine), and nutmeg, to taste.



TUNE IN AND MAKE THE MOST OF YOUR MEDICARE!

Nutrition Facts

Acorn Squash and Apple Puree
Serving Size 1/2 recipe

Amount Per Serving

Calories 150 Calories from Fat 20

% Daily Value*

Total Fat 3g 4%

Saturated Fat 2g 8%

Cholesterol 5mg 2%

Sodium 5 mg 0%

Total Carbohydrate 33g 11%

Dietary Fiber 5g 20%

Sugars 13g

Protein 2g

Vitamin A 15%

Vitamin C 45%

Calcium 8%

Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

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Turn card for the Acorn Squash and Apple Puree recipe.

