



## Super Stuffed Squash

2 acorn squash  
 2 ½ cups water  
 1 cup brown rice  
 1 pound ground pork  
 1 medium onion (chopped)  
 3 garlic cloves (minced)  
 1 medium sweet apple (peeled, diced)  
 1 tsp. smoked paprika  
 4 tsp. olive oil  
 Fresh parsley (chopped)

Makes: 4 servings

Nutritional Information  
 (per serving)

Total Calories	631
Total Fat	30 g
Protein	26 g
Carbohydrates	66 g
Dietary Fiber	8 g
Saturated Fat	10 g
Sodium	125 mg
Total Sugars	5 g

### PREPARATIONS

1. Heat oven to 350 F. On a large baking sheet, place the squash in the oven for 30 minutes. Then remove from oven, cut in half, and remove and discard the seeds. Cook for another 20 minutes or until soft.
2. In a large stockpot, bring the water and the rice to a boil. Cover, reduce the heat to low, and simmer until the rice is tender and liquid has been absorbed.
3. In a large nonstick skillet, warm 3 tsp. olive oil over medium heat and add the pork. Once the meat is browned, add onions, garlic, apples, smoked paprika, cayenne, salt and pepper. Cook until onion is soft. Add the brown rice.
4. When squash is done, turn cut-side up in the baking dish. Add a teaspoon of olive oil to the center of each squash half. Divide the meat and rice mixture amongst the four squashes. Return to the oven for 10 minutes. Garnish with fresh chopped parsley and serve.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.