



Acorn Squash Stuffed with Dried Fruit & Nuts (Nuts & Bolts Squash)

🕒 1 hour, 30 minutes 🍴 8 servings

Ingredients

2 Medium acorn squash
1/2 cup Raisins
1/2 cup Dried apricots
1/2 cup Walnuts
1/2 cup Pecans
1 cup Orange juice

Nutrition per serving (estimated)

Calories	194 kcal	Fat	9 g
Carbohydrates	25 g	Protein	3 g
Fiber	4 g	Sugar	7 g
Cholesterol	0 mg	Sodium	7 mg
Vitamin A	755 IU	Vitamin C	28 mg
Calcium	57 mg	Iron	2 mg

Directions

1. Pre-heat oven to 350 degrees Fahrenheit (for oven-baked method).
2. Cut stem off acorn squash, then cut in half lengthwise. Scoop out seeds with a spoon and discard. Arrange in a baking dish OR in a large slow-cooker with cavities facing up.
3. Coarsely chop apricots, walnuts, and pecans. Add with raisins to the empty cavities of the squash. Pour orange juice over fruit and nut mixture to fill the squash cavity.
4. Oven-Baked Method: Cover pans loosely with foil and bake for 75-90 minutes until squash is cooked through. When cooked, squash will be soft enough to easily poke with a fork.
5. Slow-Cooker Method: Pour a small amount of water in slow cooker and cook on high 4-6 hours or on low 8-10 hours until squash is cooked through. When cooked, squash will be soft enough to easily poke with a fork.
6. Use a spoon to scoop squash flesh with fruits and nuts into a serving bowl, mixing to combine juice with squash. Discard tough skin. Serve hot or refrigerate several hours to serve cold.

Notes

Total Time: 90 min

Prep Time: 10-15 min | Cook time: 70-80 min

Serving Size

1 cup

Pro Tip

Speed up the baking time by microwaving squash 10-15 minutes before adding the filling and baking.

Cooking Equipment

Cutting board | Chef's knife | Baking dish

Cut acorn squash in half and remove seeds Trim ends of squash and discard. Cut in half lengthwise. If too tough to cut, stab with a fork several times and microwave 5-7 minutes until starting to soften. Use a spoon to scrape out seeds and string innards and discard (or save to roast later).

Coarsely chop dried apricots stack apricots in a pile and using a chef's knife chop into uneven pieces, about 1/2-inch in size.

Coarsely chop walnuts & pecans stack nuts in a pile and using a chef's knife chop into uneven pieces, about 1/2-inch in size.

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