

Low-Point Stuffed Acorn Squash

Ingredients:

- 2 acorn squash
- 1 Tbs Land O Lakes light butter with canola oil, divided
- 2 tsp. maple syrup
- 2, 4 oz. skinless boneless chicken breasts
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 3 slices of bacon
- 1 shallot, diced
- 1 tsp. minced garlic
- 2 cup power greens (kale, spinach, or mixed greens)
- 1 1/2 tsp. fresh chopped sage
- 2 Tbs roasted pine nuts (for garnish, optional)
- 2 Tbs. dried cranberries (for garnish, optional)

Preheat oven to 400 degrees. Cut 1 inch off the top of each acorn squash and scoop out the seeds. (If necessary, cut off a small portion of the bottom so the squash can sit upright.) Put 1/2 Tbs of butter in the bottom of each acorn squash as well as 1 tsp. maple syrup into each squash. Take the back of a spoon and spread butter and syrup mixture all around the inside of the squash. Set squash on a sheet pan lined with parchment paper. Set aside.

Sprinkle chicken breasts with salt and pepper and put in a baking pan. Bake chicken for about 20 minutes, or until cooked through. Remove chicken from oven and reduce oven heat to 350 degrees. Allow chicken to cool and cut into small cubes.

In a large skillet, fry bacon until crisp over medium-high heat. Remove bacon to a plate and add shallots and garlic to the skillet with the bacon grease. Stir constantly for about a minute so the shallots and garlic do not burn. Add greens and sage and cook until greens are cooked through and slightly wilted.

Scoop skillet mixture to a large bowl and add cubed chicken. Crumble bacon into the mixture and combine. Scoop equal amounts of mixture into each acorn squash. Top each squash with its lid and bake for 50 to 60 minutes or until squash is tender. Remove from oven and remove lids. Garnish with toasted pine nuts and dried cranberries, if desired, and serve immediately.

Total servings - 4 (1 squash makes 2 servings)

Serving size - 1

Points per serving - 5.5 (6.5 with pine nuts)

Points plus per serving - 3.5 (4.5 with pine nuts)

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Do what you can, with what you have, where you are."
- Anonymous***