

Apple, Black Walnut, Squash in the Microwave

Ingredients

1 acorn squash
2 apples, cored and sliced
1 tablespoon butter
2 tablespoons brown sugar
1 tablespoon finely chopped black walnuts
1/2 teaspoon salt
1/2 teaspoon ground cinnamon

Directions

Gently place the squash in a large pot of boiling water, boil for 15 minutes.
Drain and fill with cold water and let sit 5 minutes to cool.
Use a knife to slice off the peel on the ridges and a teaspoon to dig out the peel in the valleys.
Slice the squash in half and remove the seeds and stem.
Slice the halves into sections and cut into 1 inch chunks.
Place the squash chunks in a large microwave-safe bowl along with the apples and black walnuts.
Dot with pieces of butter, sprinkle with brown sugar, salt and cinnamon.
Cover with plastic wrap, and poke a few holes in to vent.
Cook in the microwave for 7 1/2 minutes on full power.
Remove, uncover, and stir.
Return to the microwave, and cook for another 7 1/2 minutes on full power, until tender.

Cooking times may vary based on power of microwave.