

Paleo Acorn Squash
(RobinsSweetConfessions.com)

Acorn Squash
Ground Beef
1 Granny Smith apple
1 white onion
1 t. cinnamon
1 t. salt, pepper, garlic
¼ c. chopped walnuts (optional)
Coconut Oil
Brown Sugar

Cut acorn squash in half and preheat oven to 400°. Coat the inside of each squash with coconut oil. Add a dash of salt. Add 1 T. of brown sugar to the cavity of each half. Bake in oven for 1 hour to 75 minutes, until the squash is very soft and the tops are browned. Do not undercook. When finished remove from oven and let cook a little before serving.

In a sauté pan, brown meat. Make sure you add a dash of salt, pepper, and garlic to give the meat some seasoning. Add onion and apple to meat. Let this simmer and break down with the meat. This will bring all the flavors together. Add mixture to cooked acorn squash and top with a dash of cinnamon and walnuts.