



Tart Cherry Recipe Card

Acorn Squash and Dried Cherry Bake

Dried cherries bring out the flavor of this easy-to-prepare side dish.

- 2 acorn squash
- 1/4 cup butter or margarine, melted
- 1/2 cup [dried tart cherries](#)
- 1/4 cup chopped pecans
- 1/4 tablespoon of Fruit Advantage Tart [Cherry Juice](#) Concentrate
- 3 tablespoons firmly packed light brown sugar
- 1/2 teaspoon cinnamon

Cut each acorn squash in half. Remove seeds and fiber. Place cut side down in baking pan with small amount of water in bottom. Bake in a 350-degree oven 45 to 50 minutes or until squash is tender and can be pierced with a fork. (Or place squash cut side down in a microwave-safe container. Add a little water. Microwave on High (100% power) 5 to 7 minutes, turning dish once. Continue cooking, if necessary, until squash is tender.)

Meanwhile, combine butter, dried cherries, [cherry juice](#), pecans, brown sugar and cinnamon. Heat on top of stove or in microwave oven until butter melts. Fill center of each squash half with one-quarter of the cherry mixture. Mix some of the cooked squash with the cherry filling. Serve immediately. makes 4 servings

TIP - Give trail mixes new flavor with the addition of dried tart cherries. A combination of cherries, banana chips, chocolate chips and peanuts is particularly good.

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