

## Stuffed Winter Squash

Foods which are yellow or orange in color and mildly sweet in flavor are particularly nourishing to the spleen. This recipe is warming and nourishing, and is a great simple meal for the fall and winter.

1 Tbsp. butter or ghee  
1 onion, diced  
1 parsnip, peeled and diced  
1 turnip, diced  
5 dried apricots, chopped  
1 tsp. freshly grated nutmeg  
salt and pepper to taste  
1 acorn or butternut squash, halved and seeded  
¼ cup maple syrup  
½ cup water

Melt butter or ghee in a heavy skillet. Add onion and saute until translucent, about 5 minutes. Add parsnip and turnip, and continue to saute for 2-3 minutes. Add the apricots, nutmeg, salt and pepper and cook for an additional 5 minutes. Remove from heat.

Place the squash in a baking dish large enough for both halves to lie flat, with the depression where the seeds were facing upward. Divide the vegetable mixture between the halves of the squash, filling the depression. Drizzle with maple syrup. Pour ½ cup water around the bottom of the pan (do not pour over the filling).

Cover squash with aluminum foil and bake in a 400 degree oven for 1 hour or until the squash is tender.

Makes 2 large servings.