

# APPLE-STUFFED ACORN SQUASH

Recipe by Beth Hillson of Gluten Free & More

Servings	Minutes	Protein
4	75	3g*

Between the crispness of the apples and the earthiness of the squash, this sweet and savory dish will be sure to keep both you and your kitchen warm.

## LET'S GET COOKING

1. Preheat oven to 400°.
2. Cut acorn squash in half lengthwise and scoop out the seeds and strings.
3. Brush 1 tbsp olive or coconut oil over the cut surface. Place squash cut side down in a glass or clay baking dish. Add water to cover the bottom of the pan (about 1/2 inch) and bake in preheated oven for 30 to 35 minutes, until tender. Discard water.
4. Heat the remaining olive or coconut oil in a large skillet and sauté the shallots for about 3 minutes, stirring until softened. Add the apple and cook about 3 minutes more, stirring until blended.
5. Add the cranberries, maple syrup, orange juice, cinnamon, salt, and pepper. Cover and cook about 5 minutes.
6. Spoon the stuffing into the squash cavities.
7. Bake uncovered 15 to 20 minutes more and serve hot.

## INGREDIENTS

- 2 medium acorn squash
- 3 tbsp olive oil or coconut oil, divided
- 1/2 cup minced shallots
- 2 apples, peeled, cored, and cubed (about 2 cups)
- 1/2 cup dried cranberries
- 1/4 cup maple syrup
- 2 tbsp orange juice
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 tsp pepper

## EQUIPMENT

- Basting brush
- Glass or clay baking dish
- Large skillet



\*Protein is calculated per serving and is only an estimate.

Every patient with HT-1 is different. Talk to your doctor about what's appropriate for your specific medical and dietary needs.

Please see full Important Safety Information on the back and full Prescribing Information at [orfadin.com/pdf/full-prescribing-information.pdf](http://orfadin.com/pdf/full-prescribing-information.pdf).



## INDICATION AND USAGE

Orfadin® (nitisinone) is a synthetic reversible inhibitor of 4-hydroxyphenylpyruvate dioxygenase indicated for use as an adjunct to dietary restriction of tyrosine and phenylalanine in the treatment of hereditary tyrosinemia type 1 (HT-1).

## IMPORTANT SAFETY INFORMATION

Tyrosine levels can increase in the blood if you do not restrict tyrosine and phenylalanine in your diet while taking Orfadin. Too much tyrosine in the blood can cause serious eye problems or other complications.

Do not adjust your Orfadin dosage in order to lower the tyrosine levels in the blood.

A reduction in the number of white cells and platelets in the blood have been observed during treatment with Orfadin. Your platelet and white blood cell counts should be monitored regularly during Orfadin treatment.

The most common adverse reactions to taking Orfadin are liver cancer, liver failure, low platelets or white cells in the blood, and complaints related to the eyes, including conjunctivitis, corneal opacity, inflammation of the cornea, and extreme sensitivity to light.

Tell your physician promptly if you have unexplained eye symptoms, rash, jaundice (yellowing of the skin or whites of the eyes) or excessive bleeding.

Use Orfadin during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing women should discontinue either Orfadin or breast-feeding based on the recommendation of your healthcare professional.

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