

Baked Acorn Squash

EASY | RECIPE

Ingredients:

1 (2-pound) acorn squash

Butter-flavored vegetable cooking
spray

1 tbsp brown sugar

¼ tsp ground cinnamon

1. Wash acorn shell. Cut squash in half lengthwise; remove and discard seeds.
2. Place squash, cut side down, in a baking dish, 13x9x2 inches. Add water to pan to depth of ½ inch. Bake at 350°F for 50 minutes.
3. Remove squash from oven. Turn halves up, and cut each into 4 portions.
4. Coat each piece with cooking spray; sprinkle evenly with brown sugar and cinnamon. Bake 10 more minutes or until tender.



Makes 8 servings. Per serving:

63 calories | 1g protein | trace fat | 16g carbohydrates | 3g fiber | 5mg sodium

Personal Best®. Copyright © 2016 Ebix Inc. All rights reserved.