



## RECIPE OF THE Month

# Baked Acorn Squash Rings

- 1 **acorn squash** (about 1 pound)
- 2 **apples** cored and sliced into  $\frac{1}{4}$  inch rings
- 2 tablespoons **sugar-free maple syrup**
- $\frac{1}{2}$  tsp each ground **cinnamon** and **nutmeg**
- 2 teaspoons **water**



- 1 Preheat oven to 375°F. Wash the squash, then slice it crosswise into  $\frac{1}{4}$  inch rings; remove seeds and pulp.
- 2 Layer rings of squash and apple in a casserole dish, top with maple syrup, sprinkle on spices and water.
- 3 Cover and bake for about 30 minutes, until the squash is tender.

**Optional:** Add chopped pecans or walnuts.

**MAKES 4 SERVINGS**

**PER SERVING:** 85 calories | 1.1g protein | 0.2g fat | 22.5g carbs | 3.5g fiber | 18mg sodium