

Baked Squash

- Cut an acorn squash in half and seed it.
- Place the cleaned squash in a baking dish, skin side down, meat side up.
- Pierce the meat of the squash with a fork several times.
- Drizzle a tablespoon of olive oil over the punctures.
- Add ¼ inch water to the bottom of the baking dish.
- Cover the dish with foil.

Bake at 400 degrees for 45 minutes to an hour, depending on the size/number of squash.

Variations: Make your own whole grain stuffing or use brown rice instead of a bread crumb stuffing; add extras to your stuffing – dried cranberries and nuts. Substitute 1 tbsp of maple syrup or 1 tbsp butter for the olive oil.



Nutrition Facts

Serving Size: 1 serving

Amount Per Serving

Calories 146

Total Fat 6.9g

Saturated Fat 0.9g

Trans Fat 0g

Cholesterol 0mg

Sodium 6mg

Carbohydrate 22.5g

Dietary Fiber 3.2g

Sugars 0g

Protein 1.8g

Vitamin A 16% Vitamin C 40%

Calcium 7% Iron 9%

Serving Size = 1 half acorn squash only, prepared without variations.

Calories: 146; Total Fat: 6.9g; Saturated Fat: 0.9g; Trans Fat: 0; Cholesterol: 0mg; Sodium: 6mg; Carbohydrates: 22.5g; Dietary Fiber: 3.2g; Sugars: 0g; Protein: 1.8g