

Roasted Acorn Squash



Cut acorn squash in half.
Scoop out the seeds.



Drizzle oil and sprinkle
seasoning on squash halves.



Add squash to a baking dish.
Bake for 50 minutes.

Preparation time: 10 minutes | **Cook time:** 50 minutes | **Cost:** \$4.25

Nutrition Facts

4 servings per container
Serving size 1 squash half

Amount per serving
Calories 110

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 24g 9%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 86mg 6%

Iron 2mg 10%

Potassium 757mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

- 2 acorn squash
- 2 teaspoons oil
- 2 teaspoons cinnamon
- ½ teaspoon black pepper
- ¼ teaspoon salt

Directions:

1. Preheat oven to 400°.
2. Cut squash in half and scoop out the seeds.
3. Drizzle ½ teaspoon oil on each of the squash halves. With clean hands, rub oil all over squash.
4. Add cinnamon, black pepper and salt to a small bowl. Stir to mix.
5. Sprinkle seasoning on each squash half.
6. Add squash to a baking dish or baking tray. Bake for 50 minutes, until squash is soft. Serve whole or scoop squash out of the skin and mash in a separate bowl.

Makes 4 servings

Microwave Instructions:

1. Cut squash in half and scoop out the seeds.
2. Place squash on a microwave-safe plate, cut side down. Microwave for 5 minutes.
3. Flip squash. Microwave for 5 minutes.
4. Season with oil, cinnamon, pepper and salt. Serve whole or scoop squash out of the skin and mash.

