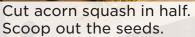
Roasted Acorn Squash







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 contain Serving size 1	er 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 Suga	ars 0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 2mg	10%
Potassium 757mg	15%
*The % Daily Value tells you how mu serving of food contributes to a daily day is used for general nutrition advice	diet. 2,000 calories a

Ingredients:

- 2 acorn squash
- 2 teaspoons oil
- 2 teaspoons **cinnamon**
- 1/2 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:

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- 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.





