



September 7- Baked Acorn Squash

Smart Snack

Link: <http://www.foodnetwork.com/recipes/paula-deen/baked-acorn-squash-with-brown-sugar-and-butter-recipe.html>

Recipe

Ingredients:

- 1 acorn squash, cut in 1/2
- 2 Tablespoons brown sugar
- 2 Tablespoons butter, softened
- 2 Tablespoons maple syrup
- Salt and black pepper

Directions:

1. Preheat oven to 400°F.
2. Scoop the seeds and stringy pulp out of the squash cavities and discard. In a small mixing bowl, combine the brown sugar, butter, syrup and salt and pepper. Rub the squash cavities and cut sides of the squash with the butter mixture and place them on a baking sheet, cut side up.
3. Bake in the oven for about 1 hour or until the squash is tender when pierced with a fork.

Yield 2 servings

Nutrition Facts	
Serving Size 1/2 squash (258.39g)	
Servings Per Container 2	
Amount Per Serving	
Calories 290	Calories from Fat 110
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% Daily Value*	
Total Fat 12g	18%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 105mg	4%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	15%
Sugars 21g	
Protein 2g	4%
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Vitamin A 20%	Vitamin C 40%
Calcium 10%	Iron 8%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	