

Baked Acorn Squash

Ingredients

2 acorn squash
1 Tbsp butter
4 Tbsp brown sugar
4 tsp maple syrup

Directions

1. Preheat oven to 400F
2. Using large chefs knife, cut acorn squash in half lengthwise (from stem to bottom end). Use a spoon and scoop out seeds and stringy center. Score the insides of each half with sharp knife (similar to making squares for tic-tac-toe). Place each half in a baking pan, cut side up. Add 1/4 inch of water to pan to keep squash from drying out.
3. Coat inside of each squash half with 1/4 Tbsp butter. Add 1 Tbsp brown sugar to cavity of each squash half. Add 1 tsp maple syrup to each squash half.
4. Bake in oven 1 hour and 15 minutes, until soft and tops are browned.
5. Remove from oven and let cool slightly before serving.

Nutrition Information makes 4 servings (serving size = 1/2 squash)

Per Serving

Calories: 163
Fat: 3 g
Saturated Fat: 2 g
Cholesterol: 36 mg
Sodium: 30 mg
Carbohydrate: 36 g
Fiber: 3 g
Protein: 2 g



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