

Spicy Baked Squash

October 2023 Recipe

Makes: 4 servings



Ingredients

Vegetable cooking spray
1 acorn squash
1 dash of salt
2 Tbsp. margarine
3 Tbsp. brown sugar
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. ginger

Nutritional information for 1 serving

Calories	122
Total fat	6 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	91 mg
Carbohydrate	19 g
Dietary fiber	2 g
Total sugars	7 g
Added sugars included	6 g
Protein	1 g

Directions

- 1.** Preheat the oven to 400 F.
- 2.** Coat the baking sheet with vegetable cooking spray.
- 3.** Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into ½-inch slices.
- 4.** Place the squash on the baking sheet. Sprinkle with salt.
- 5.** Melt the margarine on low heat in a small saucepan.
- 6.** Add the brown sugar, cinnamon, nutmeg and ginger to the saucepan.
- 7.** Spread the margarine mix on the squash.
- 8.** Bake for 20 to 25 minutes or until tender.