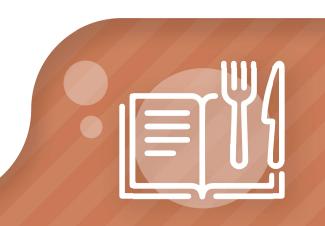
## Spicy Baked Squash

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.
- 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.

Source: MyPlate

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