

BAKED WINTER SQUASH

SERVES 4

Preparation time: 10 minutes

Baking time: 60 minutes

INGREDIENTS

1 winter squash (Acorn, Buttercup, or Butternut)

1 tablespoon margarine or butter (optional)

Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Cut squash in half, lengthwise (from stem to end).
3. Use a spoon to scoop out seeds and stringy contents from the center of each half.
4. Place each half in a large baking pan, cut side up. Add 1/4-inch water to the bottom of the pan to prevent burning the skin and drying the squash out. Cover with aluminum foil.
5. Bake approximately 1 hour, or until squash is tender when poked with a fork.
6. Remove from oven and let cool before serving.
7. Serve with margarine or butter, salt, and pepper.

Nutritional Info per Serving: Calories: 259; Total Fat: 12g; Polyunsaturated Fat: 4g; Monounsaturated Fat: 6g; Saturated Fat: 2g; Trans Fat: 2g; Cholesterol: 0mg; Sodium: 1314mg; Potassium: 1630mg; Carbohydrate: 40g; Fiber: 7g; Sugars: 10g; Protein: 4g; Vitamin D: 0µg (0%); Calcium: 135mg (13%); Vitamin A: 685RE (137%); Vitamin C: 57mg (95%); Iron: 3mg (15%)



TIPS & VARIATIONS

MICROWAVE DIRECTIONS

1. Prepare squash as indicated in steps 2 and 3.
2. Place squash in microwave safe dish with 1/4 inch water in the dish.
3. Microwave on high until squash is done, about 10-12 minutes.
4. Remove from microwave and let cool slightly before serving.
5. Serve with butter or margarine, salt, and pepper.

SIMPLY GOOD EATING

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