

# Spiced Baked Squash

This side dish is perfect for a fall or winter meal. Squash cooked with cinnamon, nutmeg, and ginger creates a simple dish to accompany your favorite entrée.

Makes: 4 Servings  
 Prep Time: 10 minutes  
 Cook Time: 25 minutes

Source: MyPlate.gov

## Ingredients

- Vegetable cooking spray
- 1 Acorn squash
- 1 dash salt
- 2 tablespoons margarine
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger

## Directions

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



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	99
Total Fat:	5g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	89mg
Total Carbohydrates:	15g
Dietary Fiber:	3g
Total Sugars:	10g
Added Sugars:	7g
Protein	1g

## Utensils Needed

- Sharp knife
- Cutting board
- Baking sheet
- Small saucepan
- Spoon or spatula

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.46

Average cost/serving: \$1.86

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Acorn Squash

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Leftovers are great in bowls or omelets

