

BAKED WINTER SQUASH

Ingredients (makes 2 servings, serving size: 1/2 of the squash)

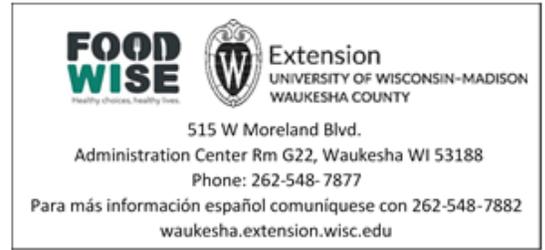
- 1 Winter squash, such as acorn, butternut or buttercup
- 4 teaspoons Butter
- 4 teaspoons Brown sugar

Directions

1. Preheat oven to 375 degrees.
2. Wash squash. Cut in half and remove seeds.
3. Place squash in oven proof baking dish, cut sides up.
4. Place 2 teaspoons each of butter and brown sugar in each squash half.
5. Bake for 1 hour or until tender.

Nutrition Information- Per serving

Calories	176	Total Sugars	5.8g	Sodium	62mg
Protein	1.8g	Total Fat	7.8g	Cholesterol	20mg
Carbohydrate	28.4g	Saturated Fat	4.9g	Fiber	3.2g



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.