



## **Baked Butternut Squash**

4 servings

- 1 butternut (or acorn) squash, scrubbed with clean vegetable brush under running water
- 2 Tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon ginger
- 2 Tablespoons vegetable oil
- 1. Wash hands with soap and water.
- 2. Scrub produce with clean vegetable brush under running water.
- 3. Preheat the oven to 400 °F. Line baking sheet with foil and coat foil with vegetable cooking spray.
- 4. Cut squash in half lengthwise.
- 5. Scoop out the seeds and strings. Cut into  $\frac{1}{2}$ -inch slices.
- 6. Place the squash in a bowl. Drizzle the squash with the oil. Add brown sugar, cinnamon and ginger and toss to coat evenly.
- 7. Place squash on baking sheet.
- 8. Bake 20 to 25 minutes or until fork tender.
- 9. Store leftovers in a sealed container in the refrigerator for up to four days.



*Nutrition Information per Serving (1/2 cup):* Calories 140, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrates 21g, Fiber 3g, Total Sugars 9g, includes 7g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 8%.

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