



RECIPE:

Baked Butternut Squash

Number of Servings: 4

Ingredients:

- 1 butternut (or acorn) squash
- 2 T. brown sugar
- 1 tsp. cinnamon
- 2 T. vegetable oil
- ¼ tsp. ginger

Directions:

1. Wash hands with warm water and soap.
2. Rinse produce under cool running water.
3. Preheat the oven to 400 degrees. 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 ½-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.

Nutrition Info:

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 1mg	6%
Potassium 413mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Credit: Nebraska Extension Nutrition Education Program