



Baked Butternut Squash

4 servings



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Baked Butternut Squash

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- Ingredients:
- 1 butternut (or acorn) squash

• 2 T. brown sugar

• 1 tsp. cinnamon

• ¼ tsp. ginger

• 2 T. vegetable oil

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.

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