

Baked Butternut Squash

Nebraska Seasonal Produce Guide

4 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 butternut (or acorn) squash, scrubbed with a clean vegetable brush under running water
- 2 Tablespoons brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon ginger
- 2 Tablespoons vegetable oil

Instructions

1. Wash hands with soap and water.
2. Scrub produce with a clean vegetable brush under running water.
3. Preheat the oven to 400°F. Line a baking sheet with foil and coat the foil with vegetable cooking spray.
4. Cut the 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 a 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%



LEARN MORE AT **FOOD.UNL.EDU**

The University of Nebraska does not discriminate based upon any protected status. Please see <https://nebraska.edu/nondiscrimination>. This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. ©2026