

# Baked Butternut Squash

4 servings



## Ingredients

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

Nutrition Information: Serving Size (½ 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%

## Instructions

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 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 for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). Copyright ©2023



food.unl.edu

# Baked Butternut Squash

4 servings



## Ingredients

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

Nutrition Information: Serving Size (½ 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%

## Instructions

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 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 for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). Copyright ©2023



food.unl.edu