

## Acorn Squash

Rated: ★★★★★

Prep Time: 5 Minutes

Ready In: 1 Hour 5 Minutes

Submitted By: TERRYLEE51

Cook Time: 1 Hour

Servings: 2

"Sweet and buttery squash - this is quick and easy and my family loves it."

### INGREDIENTS:

1 medium acorn squash, halved and seeded

1 tablespoon butter

2 tablespoons brown sugar

### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Turn acorn squash upside down onto a cookie sheet. Bake in a 350 degrees F (175 degrees C) oven until it begins to soften, approximately 30 to 45 minutes.
3. Remove squash from the oven and turn onto a plate so that the flesh is facing upwards. Place butter and brown sugar into the squash, and place remaining squash over the other piece. Place squash in a baking dish (so the squash wont slide around too much) while baking.
4. Place squash in the 350 degrees F (175 degrees C) oven and bake another 30 minutes.

### Nutrition Information

Servings Per Recipe: 2

Calories: 189

Amount Per Serving

**Total Fat:** 6g

**Cholesterol:** 15mg

**Sodium:** 51mg

Amount Per Serving

**Total Carbs:** 35.8g

Dietary Fiber: 3.2g

**Protein:** 1.8g