

One Pan Acorn Squash

Servings: 2

RECIPE BOX

INGREDIENTS

1 MEDIUM ACORN SQUASH
2 TBSP BUTTER
1 TBSP BROWN SUGAR
¼ CUP CHOPPED WALNUTS
2 CUPS SIDE SALAD OF CHOICE TOPPED WITH 2 TBSP OIL-BASED DRESSING



DIRECTIONS:

STEP 1: Preheat oven 350 F. Slice the acorn squash in half. Remove seeds. Place squash “face” down in shallow baking dish, fill with small amount of water (just enough to cover bottom of dish). Poke holes in the skin of the squash.

STEP 2: Bake for 30 minutes, or until squash begins to turn tender.

STEP 3: Melt butter and mix with brown sugar in small bowl.

STEP 4: Remove squash from oven (keep oven on). Turn over so facing upright. Spread butter mixture on face of squash and return to oven for an additional 30 minutes.

STEP 5: Top with chopped walnuts. Makes 2 servings. Serve with side salad.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 322, Total Fat 22g, Carbs 33g, Protein 7g, Fiber 6g, Sugars 7g.

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