NAME OF DISH

BAKED ACORN SQUASH

INGREDIENTS
1 acorn squash cut in half
2 tablespoons of butter
2 tablespoons of maple syrup
Salt & pepper
2 tablespoons of brown sugar

INSTRUCTIONS
Preheat oven to 400. Scoop the seeds and stringy pulp out of the squash cavities. In a mixing bowl, combine the brown sugar, butter, maple syrup, brown sugar, salt and pepper. Rub the squash cavities with the mixture and place on the backing sheet, cut side up. Bake in the preheated oven for about an hour until the squash is tender when pierced with a fork.

SERVING SIZE: 2

VISIT BCOC.ORG FOR MORE RECIPES!
Microwave Instructions: Cut squash in half; discard seeds. Place squash cut side down in a microwave-safe dish. Cover and microwave on high for 10-12 minutes or under tender. Turn squash cut side up. Fill centers of squash with brown sugar and butter. Sprinkle with salt and pepper. Cover and microwave on high for 2-3 minutes or until heated thoroughly. Finish with a maple syrup glaze.

Acorn squash contains vitamin A, niacin, folate, thiamine and vitamin B-6, but it is an especially good source of vitamin C. A 1/2-cup serving of cooked, cubed acorn squash provides approximately 20 percent of the recommended daily allowance of vitamin C for healthy adults following a 2,000-calorie diet. It is 56 calories a cup.