



Glazed Squash



Ingredients

- 2 pounds **winter squash** (try acorn, butternut, delicata or others)
- 3 Tablespoons **brown sugar**
- ¼ teaspoon *each* **salt** and **pepper**

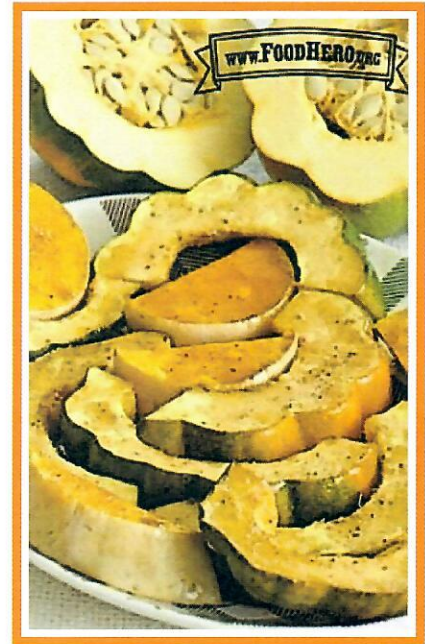
Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Line a rimmed baking sheet with foil. Lightly grease the foil.
3. Rinse the squash, cut in half and scoop out seeds. Cut squash into 1-inch thick slices and lay on baking sheet.
4. In a small bowl, combine brown sugar, salt and pepper. Sprinkle squash with half the seasoning mixture.
5. Bake until sugar has melted, about 4 to 6 minutes. Remove baking sheet from oven and turn squash slices over. Sprinkle remaining seasoning mixture over squash and return to the oven. Bake until squash is tender, about 15 to 20 minutes. Serve warm.
6. Refrigerate leftovers within 2 hours.

Makes: 3 Cups

Prep time: 5 minutes

Cooking time: 20 minutes



Notes

- Try adding other seasonings such as cinnamon, nutmeg, cayenne or cumin.

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Nutrition Facts

6 servings per container

Serving size 1/2 cup (110g)

Amount per Serving

Calories 80

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 22g 8%

Dietary Fiber 5g 18%

Total Sugars 7g

Includes 7g Added Sugars 14%

Protein 1g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 1mg 6%

Potassium 460mg 10%

Vitamin A 22mg 2%

Vitamin C 11mg 12%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.