

"Autumn Orchard Snacks" Acorn Squash Bowls

Rating: ★★ ★

Makes: 24 or 48 Servings

24 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Acorn squash, small		6		12
Applesauce, unsweetened		3 cups		6 cups
Brown sugar		1 Tbsp		2 Tbsp
Cinnamon, ground		1 Tbsp		2 Tbsp
Walnuts or pecans, chopped		1 cup		2 cups

Directions

1. Preheat oven to 350 degrees F.
2. Wash and halve the squash, remove seeds.
3. Place of baking sheet cut side down.
4. Cover and cook about 6-9 minutes. Be sure they are cooked thoroughly by rotating the dish halfway through.
5. Scrape the squash flesh from each half into a bowl.
6. Add applesauce, cinnamon, brown sugar, and nuts (optional) to bowl and mix.
7. Spoon mixture evenly into squash halves.
8. Cook about 2-3 minutes to heat thoroughly.
9. Serve 1/4 squash to each child.

Notes

Serving Tips:

Making vegetables into a bowl is a fun new way to serve fruits and vegetables.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	30	
Total Fat	0 g	
Protein	0 g	
Carbohydrates	8 g	
Dietary Fiber	2 g	
Saturated Fat	0 g	
Sodium	2 mg	

