

Spicy Baked Squash

Rating: ★★★★★

Makes: 4 servings

Ingredients

vegetable cooking spray
1 acorn squash
1 dash salt
2 tablespoons margarine
3 tablespoons brown sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon ginger

Directions

1. Preheat the oven to 400 degrees.
2. Coat the baking sheet with vegetable cooking spray.
3. Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into 1/2 inch slices.
4. Place the squash on the baking sheet. Sprinkle with salt.
5. Melt the margarine on low heat in a small saucepan.
6. Add the brown sugar, cinnamon, nutmeg, and ginger to the saucepan.
7. Spread the margarine mix on the squash.
8. Bake for 20 to 25 minutes, or until tender.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	6 g	9%
Protein	1 g	
Carbohydrates	22 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	80 mg	3%