



Baked Acorn Squash

Acorn squash is rich in vitamin A, potassium, fiber and other nutrients. It is easy to prepare! It tastes great roasted or topped with dried cherries and roasted seeds.

Ingredients:

- 1 Acorn Squash
- 1 Tablespoon butter, melted
- Salt and pepper, to taste
- Spray oil
- 1 teaspoon sugar
- Dried cherries and roasted squash seeds (optional)

Directions:

1. Preheat oven to 400° F degrees.
2. Cut squash in half.
3. Scoop out the pulp and seeds and set aside in a small bowl.
4. Brush the inside of the squash with butter and sprinkle with salt and pepper.
5. Spray baking pan with spray oil, and then place squash inside down on pan.
6. Bake for 40 minutes or until tender. Flip over the squash halves and sprinkle with sugar and bake for 20 minutes until lightly caramelized on top.
7. If desired, top with some dried cherries and and roasted seeds.

Roasted Acorn Squash Seeds

These seeds are easy to prepare and loaded with protein, fiber, and other nutrients.

Ingredients:

- Acorn seeds (pulp removed)
- Spray oil
- Salt, to taste

Directions:

1. Preheat oven to 400° F. Rinse and pat dry the seeds.
2. Lightly spray baking dish with spray oil.
3. Spread seeds on dish in single layer and then lightly spray the top of seeds.
4. Bake for 10 minutes or until seeds are lightly toasted.