

Baked acorn or butternut squash

Medium acorn squash (or butternut)

Canola oil spray

Favorite seasonings or nuts

Preheat oven to 400 degrees. Thoroughly wash the squash. Carefully cut in half lengthwise or in horizontal slices, scrape out seeds and stringy portion. Place cut side down in lightly greased pan. Bake for 45 minutes. Remove from oven. Spray with oil, add seasonings. Return to oven and bake 15 minutes longer.

Nutrition Values

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| Calories | 125 |
| Fat | 1 gm |
| Cholesterol | 0 mg |
| Calcium | 90 mg |
| Carbohydrate | 30 gm |
| Sodium | 8 mg |
| Protein | 2 gm |
| Fiber | 9 gm |