

BAKED WINTER SQUASH

Total number of servings: 4
Serving size: 1/4 squash

INGREDIENTS

1 winter squash (acorn, buttercup, or butternut)
Optional: 1 tablespoon margarine or butter
Salt and pepper to taste

DIRECTIONS

Time needed: 10 minutes preparation; 60 minutes cook time

1. Preheat oven to 375 degrees F.
2. Cut squash in half, lengthwise (from stem to end).
3. Use a spoon to scoop out seeds and stringy contents from the center of each half.
4. Place each half on a large baking pan, cut side up.
5. Add 1/4-inch water to the bottom of the pan to prevent burning the skin and drying of the squash. Cover the pan with aluminum foil.
6. Bake for 1 hour, or until the squash is tender when poked with a fork.
7. Remove from the oven and let it cool before serving.
8. Serve with margarine or butter, salt, and pepper.

Find more Extension Center for Family Development recipes at z.umn.edu/therecipebox.



UNIVERSITY OF MINNESOTA | EXTENSION

BAKED WINTER SQUASH

Total number of servings: 4
Serving size: 1/4 squash

INGREDIENTS

1 winter squash (acorn, buttercup, or butternut)
Optional: 1 tablespoon margarine or butter
Salt and pepper to taste

DIRECTIONS

Time needed: 10 minutes preparation; 60 minutes cook time

1. Preheat oven to 375 degrees F.
2. Cut squash in half, lengthwise (from stem to end).
3. Use a spoon to scoop out seeds and stringy contents from the center of each half.
4. Place each half on a large baking pan, cut side up.
5. Add 1/4-inch water to the bottom of the pan to prevent burning the skin and drying of the squash. Cover the pan with aluminum foil.
6. Bake for 1 hour, or until the squash is tender when poked with a fork.
7. Remove from the oven and let it cool before serving.
8. Serve with margarine or butter, salt, and pepper.

Find more Extension Center for Family Development recipes at z.umn.edu/therecipebox.



UNIVERSITY OF MINNESOTA | EXTENSION

NUTRITIONAL INFORMATION

Calories:	69
Total Fat:	3 g
Saturated Fat:	2 g
Cholesterol:	8 mg
Sodium:	295 mg
Total Carbohydrates:	11 g
Dietary Fiber:	2 g
Total Sugar:	0 g
Protein:	1 g

Allergen: Milk (if using butter)

TIPS AND VARIATIONS

To bake the squash in the microwave:

1. Prepare squash as indicated in steps 2 and 3 of the original recipe.
2. Place squash in microwave safe dish with 1/4 inch water in the dish.
3. Microwave on high until the squash is done, about 10-12 minutes.
4. Remove from microwave and let it cool slightly before serving.
5. Serve with butter or margarine, salt, and pepper.

This institution is an equal opportunity provider and employer. For more information about USDA anti-discrimination policy or to inquire about filing a complaint, go to z.umn.edu/u76. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the MN Food HelpLine at 1-888-711-1151. This resource was funded in part by USDA's Supplemental Nutrition Program – SNAP – with funds received from and through the Minnesota Department of Human Services. © 2016, Regents of the University of Minnesota. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this source is available in alternative formats upon request. Direct requests to 612-626-6602. This was adapted from the United States Department of Agriculture's *Baked Squash* (no date; What's Cooking? USDA Mixing Bowl; retrieved from www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/baked-squash).

NUTRITIONAL INFORMATION

Calories:	69
Total Fat:	3 g
Saturated Fat:	2 g
Cholesterol:	8 mg
Sodium:	295 mg
Total Carbohydrates:	11 g
Dietary Fiber:	2 g
Total Sugar:	0 g
Protein:	1 g

Allergen: Milk (if using butter)

TIPS AND VARIATIONS

To bake the squash in the microwave:

1. Prepare squash as indicated in steps 2 and 3 of the original recipe.
2. Place squash in microwave safe dish with 1/4 inch water in the dish.
3. Microwave on high until the squash is done, about 10-12 minutes.
4. Remove from microwave and let it cool slightly before serving.
5. Serve with butter or margarine, salt, and pepper.

This institution is an equal opportunity provider and employer. For more information about USDA anti-discrimination policy or to inquire about filing a complaint, go to z.umn.edu/u76. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the MN Food HelpLine at 1-888-711-1151. This resource was funded in part by USDA's Supplemental Nutrition Program – SNAP – with funds received from and through the Minnesota Department of Human Services. © 2016, Regents of the University of Minnesota. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this source is available in alternative formats upon request. Direct requests to 612-626-6602. This was adapted from the United States Department of Agriculture's *Baked Squash* (no date; What's Cooking? USDA Mixing Bowl; retrieved from www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/baked-squash).