

Maple Cinnamon Acorn Squash

A winter squash drizzled with pure maple syrup, sprinkled with cinnamon, and roasted to perfection for a warm side or sweet treat. Acorn squash has a sweet flesh with a nutty flavor. It is technically a winter squash that starts to show up and go on sale around the Fall times. One cup of cooked acorn squash offers 4 grams fiber, 14% of our daily value (DV) for Vitamin C, 20% of the DV for manganese, 10% of the DV for potassium, 11% of the DV for Vitamin A, and only 110 calories! Have alongside a lean protein of choice to balance the meal or snack! Or have with some low-fat ice cream for a sweet treat.

Ingredients:

1 whole Acorn squash
 1 tbsp Lite butter (I use the lite "I Can't Believe It's Not Butter")
 2 tbsp Heavy cream
 1 tbsp Pure maple syrup
 2 tsp Cinnamon

Directions:

1. Preheat oven to 375 degrees F.
2. Cut acorn squash in half and scoop out the seeds. Turn squash over (cut side down) and make a small slice on each half. This helps the squash to not wobble when cooking on the baking sheet. Place each acorn squash half on a baking sheet or in a baking dish. Make a few long cuts in the acorn squash flesh without cutting all the way through to the skin of the squash. This will allow the heat to reach deep within the acorn squash.
3. Rub the top exposed flesh of each acorn squash half with the lite butter.
4. Whisk together the heavy cream and pure maple syrup. Pour evenly over both halves. Sprinkle both with cinnamon.
5. Bake for 50-60 minutes or until acorn squash is tender.
6. Once finished, you can separate the skin from the flesh and serve the flesh warm, or you can fill the center of each half with ice cream and just scoop out the flesh and ice cream with a spoon! **Note that 1 serving is ¼ a whole squash

Servings: 4 quarters

Serving size: 1 quarter acorn squash

Maple Cinnamon Acorn Squash		
Nutrition Facts		
Serving Size: 1 Quarter		
Amount Per Serving	% Daily Value*	
Calories	110.3 kcal	6 %
Total Fat	4.1 g	6 %
Saturated Fat	2 g	10 %
Trans Fat	0.2 g	
Cholesterol	8.4 mg	3 %
Sodium	25.9 mg	1 %
Total Carbohydrate	19.2 g	6 %
Dietary Fiber	4.1 g	16 %
Sugars	7.8 g	
Protein	1.2 g	2 %
Vitamin A	11 %	Vitamin C 14 %
Calcium	6 %	Iron 5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		