



Glazed Squash



Oregon State University

Ingredients

cooking spray

- 2 pounds **winter squash** (try acorn, butternut, delicata, or others)
- 3 Tablespoons **brown sugar**
- ¼ teaspoon each **salt** and **pepper**

Directions

1. Preheat oven to 400 degrees. Line a rimmed baking sheet with foil. Lightly spray foil with cooking spray.
2. Wash the squash, cut in half and scoop out seeds. Cut into 1-inch thick slices and lay on baking sheet.
3. In a small bowl, combine brown sugar, salt and pepper. Sprinkle squash with half the seasoning mixture.
4. Bake until sugar has melted, about 4 to 6 minutes. Remove baking sheet from oven and turn squash slices over. Sprinkle remaining seasoning mixture over squash and return to the oven. Bake until squash is tender, about 15 to 20 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

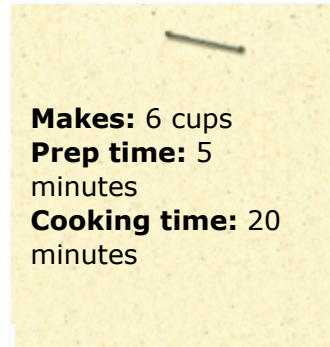
Preparation time:

5 minutes

Cooking time:

20 minutes

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Makes: 6 cups
Prep time: 5 minutes
Cooking time: 20 minutes



Nutrition Facts

Serving Size 2 1-inch slices (159g)
 Servings Per Container 6

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 1g

Vitamin A 10% • Vitamin C 30%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

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