Baked Squash with Sugar and Spice
Makes 5 servings

Ingredients:
- vegetable cooking spray
- 1 acorn squash, 4” diameter
- Pinch of salt
- 2 tablespoons butter
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ground ginger

Directions:
1. Preheat oven to 400. Cover baking sheet with foil and coat foil with vegetable cooking spray.
2. Wash squash and cut in half lengthwise. Remove seeds and cut into ½ inch slices.
3. Place squash on baking sheet. Sprinkle with salt.
5. Spread butter mixture on squash.
6. Bake 20 to 25 minutes, or until tender.

Source: Adapted from GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001