

# Dessert Winter Squash

Makes 2 servings | **Vegetables**

## Ingredients

- 1 acorn squash, cut in half
- 2 Tablespoons brown sugar
- 2 Tablespoons butter, softened
- 2 Tablespoons maple syrup
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¾ teaspoon ginger
- 1 Tablespoon lemon juice
- 2-4 Tablespoons Greek yogurt
- 1-2 Tablespoons nuts (pecans, walnuts, pistachios, etc.)
- 1-2 tablespoons dried fruit

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400 degrees F.
3. Scoop the seeds and stringy pulp out of the squash cavities and discard. In a small mixing bowl, combine the brown sugar, butter, syrup, lemon, cinnamon, nutmeg, and ginger. Rub the squash cavities and cut sides of the squash with the butter mixture and place them on a baking sheet, cut side up.
4. Bake in the oven for about 1 hour or until the squash is tender when pierced with a fork.
5. Let cool for 5 minutes before serving. Top with plain Greek yogurt, nuts, or dried fruit, as desired.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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