



## Baked Squash

### Ingredients

1 small butternut squash  
4 teaspoons butter  
2½ Tablespoons brown sugar

Makes 6 servings

### Instructions

1. Cut squash crosswise into ¾ inch slices (small round circles).
2. Place in baking pan; add ¼ cup water and cover.
3. Bake at 350° F for 50 minutes.
4. Prick to make sure squash is almost done. Drain.
5. Brush squash with melted butter and sprinkle with brown sugar.
6. Bake uncovered for 10 minutes and serve.

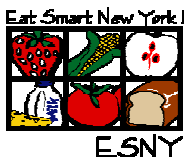
### Nutrition Facts

Serving Size 1/2 cup		Servings Per Container 6	
<b>Amount Per Serving</b>			
<b>Calories</b> 80	<b>Calories from Fat 25</b>		
<b>% Daily Value*</b>			
<b>Total Fat</b> 2.5g			<b>4%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 25mg			<b>1%</b>
<b>Total Carbohydrate</b> 14g			<b>5%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 7g			
<b>Protein 1g</b>			
Vitamin A 150%		• Vitamin C 25%	
Calcium 4%		• Iron 2%	
*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

28% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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