



Recipes

Other Vegetables

Acorn Squash with Applesauce

Prep Time: 10 minutes

Cook Time: 45 minutes

Yield: 2 servings

Ingredients:

1 acorn squash
1 tablespoon olive oil
1 cup apple sauce
Cinnamon

Directions:

1. Preheat oven to 350 degrees.
2. Cut squash in half and remove seeds with a spoon.
3. Place squash halves skin side down on a baking sheet.
4. Rub olive oil over squash halves.
5. Fill squash halves with applesauce.
6. Sprinkle cinnamon on top of each.
7. Bake for 45 minutes, or until a fork inserts smoothly through squash meat.

Note:

Try different flavors of apple sauce.