

Simply Roasted Acorn Squash



2 acorn squash
1/4 cup maple syrup
1 Tablespoon butter

1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon salt

Instructions: Preheat oven to 375°F. Line baking sheet with parchment paper. Slice each squash in half. Scoop out the seeds and strings with a spoon. Lay each squash half on it's flat side; cut into 1/4-inch thick slices parallel to the stem. Transfer to baking sheet. In a small microwave-safe bowl, stir the syrup, butter, cinnamon, cloves and salt. Microwave in 15-second intervals until the butter is melted. Brush the syrup mixture on both sides of the squash. Roast in the oven for 25 minutes. Flip each slice over and continue roasting for 15-20 minutes or until squash is fork tender. Peel the skin off when eating.

Yield: 6 servings

Nutrition Facts (*per serving*): 110 calories, 2 grams fat, 55 milligrams sodium, 24 grams carbohydrate, 2 grams fiber, 1 gram protein