



Cooking with Acorn Squash

Health Benefits

Acorn squash is a good source of Beta Carotene and Vitamin C, which are needed for a healthy immune system. Also, acorn squash provides fiber to support blood sugar regulation, digestive health, and helps to lower cholesterol.

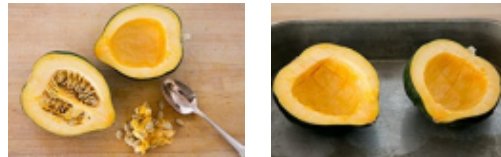
Uses

Acorn squash makes for a delicious side dish, is a wonderful basis for soup, and can even be added to salads for texture and color. Various cooking methods can be used to easily prepare an acorn squash, such as:

- Roasting
- Sauteing
- Steaming
- Microwaving

Preparation

- Wash the squash with water and a scrub brush if available.
- Remove the stem to provide a flat edge for cutting.
- Cut in half lengthwise with a sharp knife.
- Remove the seeds with a spoon and discard.



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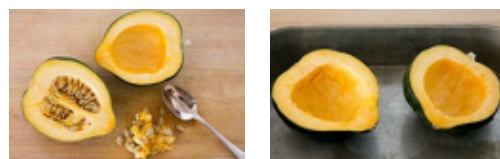
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Directions

- Preheat the oven to 400 degrees.
- For a *savory* dish, lightly coat the inside of the squash with vegetable oil, butter, or extra virgin olive oil. Then season with salt and/or pepper.
- For a *sweet* tasting dish, lightly coat the inside of the squash with softened butter or vegetable oil. Then season with cinnamon and/ brown sugar.
- Place on a baking sheet with the cut side up and cook for 25-45 minutes, or until the squash is tender enough to be pierced with a fork.
- Let cool for at least 5-10 minutes before serving.

Tips

- Make it easier to cut by microwaving the squash for 3-4 minutes.
- The seeds in an acorn squash can be roasted and eaten for a healthy snack.

Enjoy!



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