



Sweet Vanilla Acorn Squash

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 2 servings | Serving Size: ½ squash

Ingredients

- 1 acorn squash
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract
- 1 tablespoon brown sugar
- ¼ teaspoon salt
- Pinch ground black pepper

Directions

1. Preheat the oven to 425°F.
2. Slice the acorn squash in half lengthwise and scoop out the seeds.
3. Lay the squash flat-side-down and slice into half-moon shaped pieces, about ½-inch in thickness.
4. In a large bowl, whisk together the olive oil and vanilla extract. Place the sliced squash in the bowl and toss to coat.
5. Sprinkle the squash with the brown sugar, salt, and black pepper. Toss to combine.
6. Spread the squash on a baking sheet in a single layer.
7. Roast until tender, about 30 minutes, flipping the squash pieces over after 15 minutes.
8. Remove and discard the skin. Serve warm.

Recipe Notes

- Substitute any winter squash for the acorn squash if desired.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 300 mg | Total Carbohydrate: 27 g | Dietary Fiber: 3 g | Protein: 2 g**

Adapted from Dessert for Two | Submitted by Robin LaCroix, RD, CSO
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