

Taste of Home



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# Maple-Glazed Acorn Squash

**TOTAL TIME:** Prep: 10 min. Bake: 55 min.

**YIELD:** 2 servings.

*With a maple syrup and brown sugar glaze, this squash becomes pleasantly sweet. This is comfort food—easy to prepare and a tasty pairing with a pork entree. —Nancy Mueller, Menomonee Falls, Wisconsin*

## Ingredients

1 medium acorn squash, halved

3/4 cup water

1/4 cup maple syrup

2 tablespoons brown sugar

1/2 teaspoon ground cinnamon

1/4 teaspoon ground ginger

1/4 teaspoon salt

Shop Recipe

Powered by Chicory

## Directions

1. Preheat oven to 350°. Scoop out and discard seeds from squash. Place cut side down in a 13x9-in. baking dish; add water. Bake, uncovered, for 45 minutes.

2. If necessary, drain water from pan; turn squash cut side up. Combine syrup, brown sugar, cinnamon, ginger and salt; pour into squash halves. Bake, uncovered, 10 minutes or until glaze is heated through.

## Nutrition Facts

1/2 each: 251 calories, 0 fat (0 saturated fat), 0 cholesterol, 311mg sodium, 65g carbohydrate (43g sugars, 4g fiber), 2g protein.

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