

# Acorn Squash

## Ingredients:

- 1 acorn squash, cut in half from stem to tip, and seeded
- 2 tablespoons butter, divided
- 1 teaspoon thyme, divided
- Salt and pepper to taste

## Directions:

1. Preheat oven to 375°F.
2. Place acorn squash, cut-side up, in a small roasting pan.
3. Place 1 tablespoon of butter in each half, and sprinkle 1/2 teaspoon thyme over each half.
4. Add salt and pepper to taste.
5. Roast for 45 – 60 minutes or until flesh is lightly caramelized and you can easily poke a fork through the flesh of the squash.
6. Serve warm and enjoy!

## Nutrition Facts

Serving Size 1/8 Squash (58g)  
Servings Per Container 8

Amount Per Serving

**Calories 45**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol 10mg**      **3%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 6g**      **2%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein 0g**

Vitamin A 6%

• Vitamin C 10%

Calcium 2%

• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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