

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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