

Maple Glazed Acorn Squash



Prep:

10 minutes

Total:

50 minutes

Makes:

5 full servings

Utensil:

small mixing bowl

Oval Baking Dish

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Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious

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Recipe Description:

This hearty squash dish will comfort you and leave you feeling full and happy. Eat locally, seasonally, and festively! Serve as a side dish, or chop up squash into smaller pieces for a warming appetizer at your holiday party.

3

tablespoons

maple syrup

(60

g)
¹/₄

cup

coconut oil, melted

(60

mL)

²

medium

acorn squash, quartered and seeded

salt and pepper, to taste

¹/₂

teaspoon

cinnamon

(1

g)

Directions:

1. Preheat oven to 350 °F/177°C.
2. In a bowl, combine the maple syrup and coconut oil and set aside.
3. Place squash in shallow baking dish, cut side down.
4. Bake in preheated oven for 30 minutes, or until fork tender.
5. Turn cut side up, season with salt and pepper, dot with maple coconut glaze and sprinkle with cinnamon.
6. Bake for an additional 20 minutes.

Nutritional Information per Serving

Calories:

196

Total Fat:

11g

Saturated Fat:

10g

Cholesterol:

0mg

Sodium:

472mg

Total Carbs:

27g

Dietary Fiber:

3g

Sugar:

7g

Protein:

1g