

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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Recipe:

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)
¼ cup
coconut oil, melted
(60
mL)
2 medium
acorn squash, quartered and seeded
salt and pepper, to taste
½ 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 27g
Carbs:
Dietary Fiber: 3g
Sugar: 7g
Protein: 1g