

Fruity Baked Squash Rounds

From the Public Health Seattle & King county

[http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SquashRounds.as](http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SquashRounds.aspx)

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Ingredients

- 1 large acorn squash, cut into 1/2 inch rings, seeds removed
- 1/2 cup orange juice
- 3 tablespoons brown sugar
- 1/8 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- Non-stick cooking spray
- Fruit Filling: whole cranberry sauce or blueberry sauce. To make blueberry sauce, heat one cup frozen blueberries with 2 teaspoons sugar in a covered microwave bowl for 2 minutes. Stir.

Instructions

1. Preheat oven to 350°.
2. Spray a 13" X 9" baking dish with non-stick cooking spray.
3. Arrange squash rounds in baking dish.
4. Combine orange juice, brown sugar, nutmeg and cinnamon. Drizzle over squash.
5. Bake 45 minutes.
6. Spoon whole cranberry sauce or blueberry sauce* into center of squash rounds.

Makes 8 servings

Nutrition information per serving

Calories: 111	Calories from fat: 1
Total Fat: 0 g	Sodium: 15 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol: 0 mg	Carbohydrates: 29 g
Sugar: 5 g	Dietary Fiber: 2 g