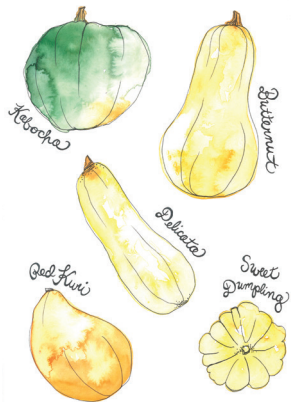




December WINTER SQUASH



EatingWell

MASHED MAPLE SQUASH

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Mashed Maple Squash

ACTIVE: 15 MIN **TOTAL:** 1¼ HRS

Acorn squash makes a sweet substitute for potatoes in this easy mash. Use a serrated grapefruit spoon to get all the seeds and stringy fibers out of the inside of the squash. (Shown with Maple-Glazed Chicken Breasts—recipe on eatingwell.com.)

- 1** acorn squash (1¼ pounds), halved and seeded
- 2** tablespoons pure maple syrup
- 1** teaspoon butter
- ¼** teaspoon ground cinnamon
- ¼** teaspoon salt

- 1.** Preheat oven to 400°F. Coat a 9-by-13-inch baking pan with cooking spray.
 - 2.** Place squash halves cut-side down in the prepared pan. Bake until soft, about 50 minutes. Let cool for 10 minutes.
 - 3.** Scrape the soft squash flesh into a medium bowl. Stir in syrup, butter, cinnamon and salt with a fork, mashing the squash until somewhat smooth.
- SERVES 2:** ¾ CUP EACH
Calories 156, Fat 2g (sat 1g), Cholesterol 5mg, Carbs 36g, Total sugars 17g (added 12g), Protein 2g, Fiber 3g, Sodium 300mg, Potassium 792mg.
Nutrition bonus: Vitamin C (40% daily value), Potassium (23% dv), Magnesium (18% dv), Vitamin A (17% dv).