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: 2/3 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).