

Baked Acorn Squash Rings

1 acorn squash (about 1 lb)
2 apples cored and sliced into ¼-inch rings
2 tbsp sugar-free maple syrup
½ tsp ground cinnamon
½ tsp ground nutmeg
2 tsp water

1. Preheat oven to 375°F. Wash the squash, then slice it crosswise into ¼-inch rings; remove seeds and pulp.
2. Layer rings of squash and apple in a casserole dish, top with maple syrup; sprinkle on spices and water.
3. Cover and bake for about 30 minutes, until the squash is tender. Optional: Add chopped pecans or walnuts.



MAKES 4 SERVINGS. Per serving:

85 calories • 1.1g protein • 0.2g total fat • 22.5g carb • 3.5g fiber • 18mg sodium