

Baked Winter Squash

Louise Furtek

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 4

*1 two pound squash
brown sugar
salt
pepper
butter
lemon juice*

Cut the squash into quarters. Remove the seeds and fiber. Place in a casserole dish with 1/4 inch of water.

Sprinkle the squash with brown sugar, salt, pepper and lemon juice, to taste. Dot with butter. Cover.

Cook in a 375 degree oven for 30 minutes. Uncover.

Baste the squash, adding more butter, if necessary.

Bake for 30 minutes longer or until tender.

Per Serving (excluding unknown items): 10 Calories; trace Fat (calories from fat); 1g Protein; Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable.