

Tasty Recipes for You to Try



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Acorn Squash

Serves 2-4

Shared by:
Frannie Smith

Ingredients:

- 1 medium sized acorn squash
- 1 Tbsp. Butter or more
- 1 Tbsp. Brown sugar or more
- Walnut or pecan pieces

Directions:

1. Preheat oven to 350°. Cut acorn squash in half. Scoop out seeds and membranes. Discard.
2. Spray a cookie sheet with cooking spray. Place squash, cut side down, on cookie sheet. Cook for 30 minutes.
3. Remove from oven, turn squash over so cut side is up and return to oven. Cook 30 more minutes or until tender.
4. Place each half in a bowl with a spoon. Fill each squash with a tablespoon or so of butter and brown sugar and top with nuts, if desired. Scoop out each yummy bite as you eat from the shell.