

Stuffed Acorn Squash

Ingredients

1 acorn squash
4 tablespoons butter
4 tablespoons brown sugar
2 cups dry bread-stuffing mix
1 ½ cup chicken broth
Salt, pepper, garlic powder and onion to taste (optional)

Tips & Facts

- ✓ Acorn squash will last up to a month in a cool dark cellar or storage area, but only about 2 weeks in the refrigerator. Ideally, only cut or cooked acorn squash should be refrigerated.
- ✓ Once cut, wrap raw pieces in plastic wrap, refrigerate, and use within 4 days.

Nutrition Facts (per serving):

Calories: 387cal; Carbohydrates: 61.2g; Total Fat: 14.2g; Protein: 7g; Fiber: 9.7g; Cholesterol: 33mg; Sodium: 1,094mg

Directions

1. Preheat oven to 400°F. Cut squash in half and remove seeds.
2. Place squash face up in shallow baking dish. Place 2 tablespoons butter, 2 tablespoons brown sugar, 1 cup stuffing mix, ¾ cup chicken broth, salt, pepper, garlic powder and onion powder in each half. Wrap each tightly with aluminum foil.
3. Bake 1 hour, until very soft.

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Acorn Squash	\$1.89/each	\$1.89
Butter	\$3.99/lb	\$0.50
Brown Sugar	\$1.89/lb	\$0.20
TOTAL	\$7.77	\$2.59
		Cost per Serving: \$0.65

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