

# Acorn Squash



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

Acorn squash is a winter squash that looks like a ribbed acorn and has a sweet, nutty, yellow flesh.

## How To Use It

Acorn squash can be baked, roasted, boiled, or cooked in the microwave.

## How To Store It

Store in a cool, dry area away from sunlight. Wash just before use. Refrigerate after cooking.

## Why Eat It?

Acorn squash is rich in key nutrients such as fiber, vitamin C, potassium, vitamin A, and antioxidants to support health.

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# Easy Baked Acorn Squash

Makes 4 servings



## Ingredients

- 2 acorn squash
- 4 tablespoons maple syrup or honey (can replace with  $\frac{1}{4}$  teaspoon ground black pepper per squash half for a savory flavor)

## Directions

*Wash hands with soap and water.*

1. Preheat oven to 400 °F.
2. Cut acorn squash in half and scoop out seeds.
3. Fill a baking pan with about  $\frac{1}{2}$  inch of water.
4. Place the squash in the pan, flesh side up. If they are lopsided, slice the underside horizontally so the bottom sits flat on the pan.
5. Add 1 tablespoon maple syrup or honey (or ground pepper if you prefer a savory flavor) to each half and spread evenly across the flesh.
6. Bake for about 1 hour, or until flesh is tender.
7. Serve as a side with meat or another main dish.



*Recipe adapted from  
American Indian Health and Wellness Project.*