

Microwaved Acorn Squash

Serving Size: 1 Half Squash | Servings per Recipe: 1 Squash | Heart Healthy



INGREDIENTS

- 1 acorn squash
- 2 tbsp oil
- Pinch of salt
- Pinch of pepper

DIRECTIONS

- Cut the squash in half and remove the seeds with a spoon
- Drizzle oil, salt, and pepper over the squash.
- Place the halves, cut-side up in a microwave-safe dish
- Microwave on high for 7-10 minutes, or until the squash is soft



Calories per serving: 150 kcal | 7 g total fat | 27 g total carbohydrates | 2 g protein