

Farmers Market Fun Family Recipes

MASHE MAPLE SQUASH

Serving Size: 2/3 cup

Yield: 2 servings

Ingredients

Regular or butter-flavor cooking spray	1 teaspoon butter substitute (such as Smart Balance® or milk-free Earth Balance®)
1 acorn squash, (1¼ pounds), halved and seeded	¼ teaspoon ground cinnamon
2 Tablespoons light or sugar-free maple syrup	¼ teaspoon salt

Instructions

1. Preheat oven to 400 degrees F. Coat a 9" x 13" baking pan with cooking spray.
2. Place squash halves cut-side down in the prepared pan. Bake until soft – about 50 minutes. Let cool for 10 minutes.
3. Scrape the soft squash flesh into a medium bowl. Stir in syrup, butter, cinnamon, and salt with a fork, mashing the squash until somewhat smooth.

– Over –





Nutrition information:

Calories: 140
Carbohydrate: 33 gm
Fiber: 5 gm
Fat: 2 gm
Protein: 3 gm
Cholesterol: <5 mg
Sodium: 340 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

www.ext.wvu.edu
Equal Opportunity Employer