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Baked Winter Squash

Prep Time: 15 minutes

Cook Time: 35 minutes

Cost per serving: \$.56

What you need:

Utensils:

- Skillet
- Knife & cutting board
- Mixing spoon
- 1 quart baking dish
- Measuring cups & spoons

Ingredients:

- ½ cup onion, chopped
- 1 tablespoon margarine
- 3 cups winter squash, cooked and mashed
(butternut, acorn or spaghetti)
- ½ cup part skim mozzarella cheese
- ¼ teaspoon pepper

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 400F.
3. Cook onions on low heat with margarine until tender.
4. Combine all ingredients and place in a 1 quart baking dish.
5. Bake for 35 to 45 minutes.

Nutrition Facts

Serving Size 1/2 cup (128g)
Servings Per Container 6

Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 3g	
Vitamin A 110%	Vitamin C 20%
Calcium 10%	Iron 2%