

Vegetable Recipe

Slow Cooker

Acorn Squash



Ingredients:	Approx. Cost*
2 acorn squash, rinsed, cut in half, seeds and membranes scooped out and discarded	\$3.98
4 Tablespoons melted butter	\$.37
4 Tablespoons brown sugar	\$.25
2 Tablespoons orange juice	\$.25
½ teaspoon salt	\$.25**
Total:	\$5.10

of servings: 4 servings. **Cost per serving: \$1.27**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Place acorns in slow cooker. In a small bowl, mix butter, brown sugar, orange juice and salt together. Evenly distribute mixture into the center of the squash halves. Add 4 Tablespoons of water into the crock pot. Cover and cook on low 5 to 6 hours or on high for 3 hours. Cut each squash into half again and serve.

Nutritional Information per serving

Calories	244
Total Fat	12 g
Saturated Fat	7 g
% of daily total	32 %
Carbohydrates	37 g
Protein	2 g
Fiber	3 g

	% of daily total
Vit A	20 %
Vit C:	36 %
Calcium:	9 %
Iron	10 %
Good source of*	Vitamin A, Vitamin C, Iron, Magnesium, Potassium, Vitamin B 6, Thiamin, Niacin
*(10% or more of the RDA)	

based on 2000 calorie diet

