

# 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**
<b>Total:</b>	<b>\$5.10</b>

# 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
<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	7 g
% of daily total	32 %
<b>Carbohydrates</b>	<b>37 g</b>
<b>Protein</b>	<b>2 g</b>
<b>Fiber</b>	<b>3 g</b>

	% 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

