

Apple-Cinnamon Acorn Squash



side dishes

POINTS® Value: 2

Servings: 4

Preparation Time: 15 min

Cooking Time: 25 min

Level of Difficulty: Easy

Liven up your dinner table this winter with this simple squash side dish. Then check out other great squash recipes in [Squash Recipes You'll Fall For](#).

Ingredients

- 2 pound acorn squash, about 1 large
- 1 Tbsp reduced-calorie margarine
- 1/2 cup apple juice
- 1/2 tsp ground cinnamon

Instructions

- Trim ends off unpeeled squash, cut in half, and remove and discard seeds and fibers. Slice each half into four 1/2-inch-thick slices.
- Melt margarine in a large nonstick skillet. Add apple juice and cinnamon; mix well. Add squash and bring to boil; reduce heat, cover and simmer for 10 minutes. Turn squash slices over, cover and simmer until squash is tender, about 10 minutes more. Yields 2 pieces squash per serving. (Note: Do not eat skin.)