

# Roasted Acorn Squash with Orange-Ginger Dressing



side dishes

**POINTS®** Value: 3

Servings: 6

Preparation Time: 7 min

Cooking Time: 90 min

Level of Difficulty: Easy

A terrific addition to any fall meal. And since each squash half is a serving, it's easy portion control, too.

## Ingredients

- 3 medium acorn squash, cut in half and seeded
- 3 spray(s) cooking spray
- 3/4 cup(s) fresh orange juice
- 2 tbsp ginger root, fresh, minced
- 2 tbsp unsalted butter
- 1 tbsp packed brown sugar
- 1 tbsp orange zest

## Instructions

- Preheat oven to 375°F. Coat a roasting pan or baking dish with cooking spray. Place acorn squash, cut side down, on pan and spray outside of squash with cooking spray. Roast until desired doneness, about 1 to 1 1/2 hours.
- About 6 or 7 minutes before squash is finished cooking, in a medium oven-safe bowl or pan, combine orange juice, ginger, butter, sugar and zest. Place in oven and cook just until butter and sugar melt; remove from oven and stir. (Or you can heat the dressing on the stovetop over low heat.)
- Serve each squash half like a bowl with dressing poured inside. Yields 1 squash half and about 3 tablespoons of dressing per serving.

## Notes

- You can also scoop out and mash the squash with the dressing and serve it like mashed potatoes.