

Baked Whole Butternut Squash

2 to 4 Servings

Ingredients

1 (2 to 3 pounds) butternut squash
1 to 2 tablespoons lime juice
Salt and coarsely ground pepper to taste

Preparation

Preheat oven to 350 degrees F. Place whole squash onto an un-greased baking sheet, and prick in a few places with a sharp knife. Bake uncovered, 1 hour or until tender. Remove from oven. Cut squash in half lengthwise and remove fibers and seeds. Season each half with lime juice, salt, and pepper. Cut each half in half again and serve.

Variation: In a small frying pan over low heat, melt 2 tablespoons butter. Stir in 1/2 teaspoon ground cinnamon. Add 1 tablespoon sucanat; stir until well blended. Brush the butter mixture over each portion of squash before servings.