

BREAKFAST ACORN SQUASH



HEALTHY EATING SERIES
COMPLIMENTS OF SFG



Ingredients

SQUASH

- 1 acorn squash
- 2-3 tbsp extra-virgin olive oil
- Cinnamon, to taste
- Brown sugar or maple syrup, to taste

TOPPING

- 1 cup plain Greek yogurt
- Cinnamon, to taste
- ¼ cup pecans

OPTIONAL

- Honey, to taste
- Granola

Nutrition

Just like other orange-colored vegetables, acorn squash contains *beta-carotene* (antioxidant), which your body converts to *Vitamin A*. It is also high in *Vitamin C*.

Greek yogurt is high in *protein* and also provides a meaningful amount of *calcium* and *vitamin B12*.

Preparation time

10 min

Cook time

45 min

Total time

55 min

Servings

2

Description

We love any opportunity to add vegetables to breakfast! While the protein in Greek yogurt will keep you feeling full until lunch, the cinnamon and touch of brown sugar will add a delightful sweetness to the start of your day.

Directions

- Preheat:** Set the oven to 350 degrees Fahrenheit.
- Prepare the Squash:** Put the squash on its side and cut a thin slice off of the bottom and the top (below the stem) to create flat edges. Then cut your squash in half horizontally. Now you have two halves that can sit flat. Scoop out the seeds and excess pulp (save the seeds for roasting, if desired).
- Bake Squash:** Place squash on a baking sheet, cut side up. Brush the inside with olive oil, cinnamon and brown sugar or maple syrup. Bake for about 35-45 minutes, or until tender.
- Add Toppings:** Use a spoon or fork to loosen up the edges of the squash and mix together. Then top with Greek yogurt, cinnamon and pecans. Add a touch of honey if you want to sweeten up your yogurt, or granola to add a crunch.

Notes

Toppings: Just like any bowl of Greek yogurt or oatmeal, the topping opportunities are endless. Here, we suggest honey or granola, but you could add berries, banana or chia seeds, all of which would give this breakfast a nutritional boost.