



## Twice-Baked Cheesy Acorn Squash



1/4 of recipe (1 stuffed squash half): 177 calories, 6g total fat (3g sat. fat), 288mg sodium, 27g carbs, 4g fiber, 0.5g sugars, 6.5g protein

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**Prep:** 15 minutes    **Cook:** 35 minutes



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### Ingredients

Two 20-oz. acorn squash, halved, seeds removed  
1/4 cup shredded reduced-fat cheddar cheese  
2 tbsp. light butter  
1/4 tsp. garlic powder  
1/8 tsp. salt  
1/8 tsp. black pepper  
3 tbsp. grated Parmesan cheese, divided  
1/4 cup chopped scallions

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place squash halves on the baking sheet, cut sides down. Bake until soft, 25–30 minutes.

Carefully scoop out the insides of squash, and place in a large bowl. Add cheddar cheese, butter, and seasonings. Mash and mix until cheese has melted and mixture is uniform.

Stir in 2 tbsp. Parm. Evenly distribute mixture among the hollow squash halves.

Top with scallions and remaining 1 tbsp. Parm. Bake until lightly browned, about 5 minutes.

**MAKES 4 SERVINGS**

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