



Twice-Baked Cheesy Acorn Squash



1/4th 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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



More: [Recipes for Sides, Starters & Snacks, Four or More Servings](#)

Ingredients

Two 20-oz. acorn squash, halved, seeds removed
1/4 cup shredded reduced-fat cheddar cheese
2 tbsp. light whipped buttery or light buttery spread (like I Can't Believe It's Not Butter! Light or Brummel & Brown)
1/4 tsp. garlic powder
1/8 tsp. each salt and black pepper
3 tbsp. grated Parmesan cheese
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.

Remove sheet, but leave oven on. 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.

Sprinkle with scallions and remaining 1 tbsp. Parm.

Bake until lightly browned, about 5 minutes.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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