

Oven Baked Summer Squash

submitted by Mrod



Per serving: 40 Calories • 8g Carbs (2.6g Fiber) • 0.7g Fat • 2.9g Protein

Ingredients

Ingredients scaled to: 2 serving

4 small **Squash** (472 grams)

2 spray , about 1/3 second **Pam cooking spray** (0.60 grams)

1/2 tsp **Salt** (3 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Preheat oven to 400 degrees F.
2. Wash squash and slice down the middle (long way). Place on baking sheet and spray lightly with cooking spray. Sprinkle lightly with sea salt.
3. Bake for about 20 minutes or until tender. Enjoy!