

Classic Baked Acorn Squash



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INGREDIENTS

- 1 Acorn squash, Delicata, Carnival or similar fall hard squash
- 1 Tbsp Butter
- 2 Tbsp Brown Sugar
- 2 teaspoons Maple Syrup (optional)
- Dash of Salt

METHOD

- 1** Preheat oven to 400°F.
- 2** Using a strong chef's knife, cut the acorn squash in half, lengthwise, from stem to end. Use a spoon to scoop out the seeds and stringy stuff in the center of each half. Score the insides of each half several times with a sharp knife. Place each half in a baking pan, cut side up. Add about a 1/4 inch of water to the bottom of the baking pan so that the skins don't burn and the squash doesn't get dried out.
- 3** Coat the inside of each half with 1/2 a Tbsp of butter. Add a dash of salt. Add a Tbsp of brown sugar to the cavity of each half. Dribble on a teaspoon of maple syrup to each half.
- 4** Bake in the oven for 1 hour to 1 hour 15 minutes, until the squash is very soft and the tops are browned. Do not undercook. When finished, remove from oven and let cool a little before serving. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas.

Serves 2 to 4, depending on how much squash you like to eat.

Alternative Quick cook method:

Before cutting, score squash with a fork (like a baking potato) several times, then place on a microwave safe dish and microwave on high for approx 5 minutes. Remove, cut as directed, clean and place in oven with suggested ingredients at 450 for approx 15-20 minutes. Enjoy!