

Acorn Squash

What goes well with Acorn Squash?

- **Herbs & Spices:** rosemary, sage, thyme, bay leaf, tarragon, cinnamon, cloves, nutmeg, ginger
- **Sweet:** maple syrup, honey, brown sugar
- **Savory:** sausage, bacon, poultry, pecans, walnuts, rice, pasta, baked beans
- **Other produce:** spinach, kale, leeks, onions, broccoli, Brussel sprouts, sweet potatoes, turnips, apples, pears, potatoes



How to Enjoy Acorn Squash:

- Whatever you can serve in a bread bowl you can serve in an acorn squash “bowl” including seafood chowders, stews and soups.
- Try stuffing acorn squash halves with a mixture of ground sausage meat, onions and hardy herbs such as sage and thyme before baking in the oven for a simple main course.
- Try mashing steamed or boiled squash with butter and seasonings. You can simply flavour with salt and pepper, or try a little sprinkle of brown sugar and nutmeg or even a little drizzle of real maple syrup!

Baked Acorn Squash

Ingredients:

- 1 acorn squash
- 1 tablespoon butter
- 2 tablespoons brown sugar
- 2 teaspoons maple syrup
- Dash kosher salt



1. Preheat the oven to 400°F.
2. Prep the squash: If you have a microwave, microwave the squash for a minute each, to make it easier to cut. Using a sharp, sturdy chef's knife, carefully cut the acorn squash in half, from tip to stem.
3. Use a sturdy metal spoon to scrape out the seeds and stringy bits inside each squash half, until the inside is smooth.
4. Take a sharp paring knife and score the insides of the acorn squash halves in a cross-hatch pattern, about a half-inch deep cuts.
5. Place the squash halves cut side up in a roasting pan. Pour 1/4 inch of water over the bottom of the pan so that the squash doesn't burn or get dried out in the oven.
6. Rub 1/2 tablespoon butter into the insides of each half. Sprinkle with a little salt if you are using unsalted butter.
7. Crumble 1 tablespoon brown sugar into the center of each half and drizzle with 1 teaspoon maple syrup.
8. Bake at 400°F for about 1 hour and 15 minutes, until the tops of the squash halves are nicely browned and the squash flesh is very soft and cooked through.
9. When done, remove the squash halves from the oven. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas. Let cool for a bit before serving.