



ROASTED ACORN SQUASH WITH MAPLE BROWN BUTTER

September 7

National Acorn Squash Day

INGREDIENTS

- 4 Pounds Acorn Squash
- 2 Tablespoons Unsalted Butter
- 2 Tablespoons Maple Syrup
- ½ Teaspoon Salt
- 1 Tablespoon Fresh Chopped Sage

DIRECTIONS

1. Heat the oven to 400°. Line a baking sheet with parchment paper.
2. Wash the exterior of each squash, then dry thoroughly and place onto a cutting board. Slice each squash in half lengthwise, from top to bottom to create 2 halves. Use a melon baller or small spoon to scrape out the seeds and pulp. Place each halve cut-side down and cut into ½"-wide half-moon shapes. Arrange the slices in a single layer on the prepared baking sheet, leaving a bit of room in-between each piece.
3. Place the butter in a small (1-2 quart) saucepan over medium heat. Heat until it melts, then foams, while whisking frequently.
4. Continue heating over medium heat, whisking only occasionally, until brown specs form in the bottom of the pot, 3-4 minutes. The melted butter will turn golden brown and smell nutty. Remove from heat and immediately transfer to a measuring cup or small bowl to stop the cooking process.
5. Pour in the maple syrup and whisk until smooth.
6. Drizzle the squash with the maple browned butter, then rub evenly into each piece using your (clean) hands or a pastry brush. Season each piece with the salt.
7. Transfer the baking sheet to the oven and roast 20-25 minutes, flipping once halfway through, until the flesh is fork tender and the skin is crispy. Remove from the oven and garnish with sage. Serve warm, right away, and enjoy!

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

About 7 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup