



INGREDIENTS

- (6) ½ Pound Each Acorn Squash (halved vertically and seeded)
- 4 Tablespoons Olive Oil
- 4 Tablespoons Maple Syrup
- 2 Teaspoons Kosher Salt

DIRECTIONS

1. Preheat the oven to 425° and arrange the oven rack to the high position that still allows the squash to fit. Line a large baking sheet with parchment paper for easy cleanup.
2. Cut each acorn squash in half from stem to tip. Scoop out the seeds and strings with a spoon.
3. Place the squash halves on the baking sheet, cut side up. Drizzle with olive oil and maple syrup then brush with a basting brush for even coating. Sprinkle with salt.
4. Roast until the squash is fork-tender and golden brown around the edges, 35-45 minutes. Tent loosely with foil if edges brown too fast.
5. Serve warm.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

12 Halves

PORTION SIZES

Toddler: 2 Halves

Preschool: 2 Halves

School Age: 3 Halves

Adult: 2 Halves