



Maple-Roasted Acorn Squash

Prep: 25 minutes

Roast: 1 hour • Serves: 8

- 4 medium acorn squash
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 8 tablespoons pure maple syrup
- 4 tablespoons butter
- 4 tablespoons packed light brown sugar
- 1 tablespoon finely chopped fresh rosemary leaves
- 1 tablespoon finely chopped fresh thyme leaves

1. Preheat oven to 450°. Cut each squash in half through stem end; remove and discard seeds. Place squash, cavity side up, in large rimmed baking pan and add $\frac{1}{4}$ inch water to pan; sprinkle squash with salt and pepper.

2. Place 1 tablespoon syrup, $\frac{1}{2}$ tablespoon butter and $\frac{1}{2}$ tablespoon brown sugar into each squash cavity. Sprinkle squash with herbs. Roast squash 1 hour or until very tender and golden brown, basting frequently with syrup inside cavities.

*Approximate nutritional values per serving:
206 Calories, 6g Fat (4g Saturated), 16mg Cholesterol,
174mg Sodium, 40g Carbohydrates, 3g Fiber, 2g Protein*