

Maple Acorn Squash

Serves 4

Ingredients

2 acorn squash

1/3 cup maple syrup Grade A dark or Grade B

Salt and pepper to taste

Ground cinnamon to taste

Method

1. Pre-heat oven to 400F.
2. First take a large sharp knife and cut the Acorn squash in 1/2, please be very careful not to cut yourself they are hard to cut.
3. With a spoon or an ice cream scoop, scoop out the seeds.
4. Cut the squash into 1 inch wedges.
5. Steam the wedges. If you don't have a steamer pot or steamer insert, you can use one of those little steamer basket things that open up. Here is a link to show what I am talking about.
<http://www.thekitchenstore.com/sussvest.html>
6. Steam them for approximately 10 minutes or so until they are tender and you can handle them without the pieces falling apart. Please do not boil them or they will absorb the water and turn to mush.
7. Remove them from the pot carefully and place them their side on a lined baking sheet. Drizzle them with ½ the maple syrup and season with salt, pepper, and Cinnamon.
8. Bake for about 10 minutes remove them from the oven and flip them over. Drizzle with the remaining syrup and bake for another 5 minutes. If you like you can drizzle them with a little more syrup when you serve them. Enjoy.