

Glazed Winter Squash

Adapted from Food Hero

Makes 6 servings

Ingredients

2 pounds winter squash (acorn, butternut, and delicata work well)

3 tablespoons oil

3 tablespoons brown sugar

1/2 teaspoon salt

1/4 teaspoon pepper

Instructions

Preheat oven to 400°F.

Line a rimmed baking sheet with foil. Lightly coat the foil with extra cooking oil.

Wash the squash, cut in half, and scoop out seeds. If using butternut squash, peel it before cutting. Cut squash into 1-inch thick slices and place in a large mixing bowl.

Add the oil, brown sugar, salt, and pepper to the bowl. Toss to mix well.

Lay squash in a single layer on the baking sheet.

Bake until tender, about 20-25 minutes, turning squash over after 10 minutes. Serve warm.

Notes:

Try adding other seasonings such as cinnamon, nutmeg, cayenne, or cumin to enhance the flavor of the dish.



Photo credit: Williams Sonoma website