

NH Maple Acorn Squash

***Second place winner/CACFP Category**

Prep Time – 15 min

Cook Time – 35-45 min

Serves 6

Ingredients

- 2-3 Acorn Squash
- 2 Tbsp Maple Syrup
- 2 Tbsp Parmesan Cheese

Directions

1. Wash outside of the Acorn Squash
2. Cut off top and bottom of the squash
3. Cut in half (stem to bottom) and take seeds out
4. Cut halves into ½ in slices
5. Brush on maple syrup
6. Bake at 350 for 30 min, turning once after 15 min
7. Brush on the rest of the maple syrup and sprinkle parmesan cheese on top
8. Bake another 5-7 min until cheese is melted
9. Serve 2-3 slices per person depending on size

* Directions are for a convection oven but easily done in conventional oven