

ACORN SQUASH WITH CINNAMON

Ingredients

1 acorn squash, washed, halved & seeded
1/2 tsp cinnamon

Method

- Preheat oven to 350°
- Place acorn squash halves, face down on parchment-lined cookie sheet
- Bake until tender & beginning to caramelize (about 30 minutes)
- Remove from oven. Allow to cool slightly
- With a spoon, scoop out pulp into a medium-size bowl (or, remove skin & place pulp in bowl)
- Mash with a fork & stir in cinnamon
- Serve immediately or refrigerate in a covered casserole until ready to reheat