Maple Butternut Squash

Marcy Hachman Sousa, MG Coordinator From our Jan-Mar 2011 Newsletter

medium butternut squash, about 2-1/2 pounds
1/4 cup maple syrup
1/4 cup brown sugar, packed
3 Tbs. butter
1/2 tsp. ground cinnamon
1/2 tsp. vanilla extract
dash salt
dash nutmeg

Have you wondered what to do with those oddly shaped butternut squashes? Here is a recipe my family has enjoyed over the years and is perfect for the cold winter months.

Preheat oven to 350°.

- 1. Lightly grease a large baking pan or spray with nonstick cooking spray.
- 2. Peel the squash with a vegetable peeler, scoop out seeds, and cut the squash into 1/2- to 1-inch cubes. Put in a bowl.
- 3. Heat the maple syrup, brown sugar, butter, cinnamon, vanilla, salt, and nutmeg until hot and butter is melted.
- 4. Drizzle over the squash cubes and stir gently to coat.
- 5. Pour into the prepared baking dish; cover with foil and bake for 30 minutes.
- 6. Remove foil, stir gently, and bake uncovered for about 15 minutes longer, or until squash is tender.