

MAPLE CINNAMON WINTER SQUASH

INGREDIENTS

any variety of winter squash
cinnamon
maple syrup
butter (optional)
pinch of salt (optional)

METHOD

Cut the squash in half and remove the seeds. Decide if you want to steam or bake the squash. If you want to steam it, place the halves of squash in a large steaming basket over a few inches of water. Steam until very soft and mushy.

If you want to bake it, turn the squash halves cut side down in a baking dish or on a rimmed baking sheet, add a few teaspoons of water to keep it from sticking and bake at 375 degrees until you can easily poke through the thickest part of the squash with a fork.

Allow the squash to cool a little, and then scoop out the flesh with a spoon. Mash the squash with cinnamon and maple syrup to taste. (Sweeter squash will need less seasoning, some may need more.) Add a little butter and a pinch of salt if you like, mix well and enjoy.