

Mashed Acorn Squash

prep & cook 1 hour ★ yields 4 servings

INGREDIENTS

2 acorn squash, halved, seeded

pinch ground cinnamon

1/4 c butter

2 tsps salt

1 tbsp brown sugar

INSTRUCTIONS

Preheat oven to 400 degrees F. Place acorn squash, cut-side down on a baking sheet.

Bake in the preheated oven for 30 minutes. Flip squash and sprinkle cinnamon into the center and dot with butter. Continue baking until flesh can be easily pierced with a fork, about 30 minutes more.

Scoop flesh into a bowl and mix in brown sugar and mash until evenly combined.

