

Baked Acorn Squash With Berries

Swick

Makes 6 servings | Active Time: 15 minutes | Total Time: 45 minutes

Chef's Notes

VARIATIONS

You can make your own toppings, or simply top the acorn squash with olive oil and seasoned salt or plain maple syrup. We like to include a crunchy ingredient when experimenting. Here are a few of our favorite ideas for alternative toppings: raspberries, pecans, and brown sugar, diced apples, crumbled walnuts, honey, and nutmeg.

Step 1: Making the Dish

- 3 acorn squash, halved lengthwise and seeded
 - 1/2 cup coarsely ground roasted hazelnuts
 - 1/2 cup dried blueberries
 - 1/2 cup dried or fresh cranberries
 - 1/2 cup brewed sassafras tea or berry tea
 - 1/2 cup maple syrup
- Preheat the oven to 400°F (205°C).
- Make a bed of crumpled foil on a baking sheet and arrange the squash halves on top, flesh side up (the foil keeps the squash from sliding).
- Spoon the hazelnuts into the center of each squash half, dividing them evenly; do the same with the blueberries and cranberries. Drizzle the tea over the top.
- Bake for about 45 minutes, checking halfway through and reducing the heat to 350°F (175°C) if the squash is browning too quickly; if you reduce the oven temperature, you may need to cook the squash for a few minutes longer. When finished cooking, the squash should be soft enough to eat with a spoon.
- Serve hot and with maple syrup on the side for drizzling.