

GUASTELLO'S VILLAGE MARKET

Roasted Winter Squash

Serves 4 - 6

Ingredients

1 winter squash (2 – 2 1/2 pounds; kabocha, delicata, or acorn squash all work well; see notes)
1 tablespoon pure maple syrup (may substitute honey)
1 tablespoon brown sugar
1/4 teaspoon each kosher salt and freshly ground pepper
1 1/2 tablespoons coconut oil, melted (may substitute olive oil)

Preheat the oven to 350 degrees F. Liberally grease a baking sheet and set aside.

Cut the squash into wedges about 1 – 1 1/2-inch thick.

In a small bowl, mix all other ingredients. Pour the mixture over the squash and toss to evenly coat. (I find this easiest to do with my hands. I also prefer to do this in a bowl instead of directly on the baking sheet. With a bowl, it is easier to get more of the topping on the squash and less residue on the baking sheet where it becomes harder to clean once baked.)

Spread the squash pieces, cut sides down, in an even layer on the baking sheet and bake for 25-35 minutes or until just tender. Precise time will depend on oven and thickness of pieces. Use a sharp knife to test for doneness. Look for a golden-brown color on the side touching the baking sheet and a hint of firmness remaining in the squash.

Cook's Notes:

I adore the use of coconut oil in this recipe. It creates great flavor and aroma without tasting overtly of coconut. A hint of pure maple syrup is delightful as well, but honey and olive oil may be used in place of these ingredients.

Credit: fountainavenuekitchens.com