



ACORN SQUASH & SAGE MASH

PREP TIME: 10min

COOK TIME: 1hr

SERVINGS: 4-6

Ingredients

2 acorn squash
2 sprigs sage
1/4 cup butter

1 tbs brown sugar
1 tsp salt
1/4 tsp cinammon
1/4 tsp nutmeg
1 tbs maple syrup



- 1 preheat oven to 400°F
- 2 half acorn squash, deseed, butter inside, place on baking sheet, and bake inside down for 30min
- 3 on low heat in pot, melt butter with sage, stirring occasionally for about 20min
- 4 mix together brown sugar, salt, cinammon, and nutmeg; flip acorn; sprinkle inside; and bake for about 30min
- 5 once cool, scoop squash from skin, add butter and syrup, and mash



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