FRUITS & VEGGIES

# Delicious Roasted Acorn Squash With Cayenne Pepper, Butter And Maple Syrup

By bestfolkmedicine · 02/12/2019 · 2 min read



*Without doubt, you'll love cold weather more when you have this delicious acorn squash waiting at the kitchen counter. With just a bit of maple syrup, cayenne pepper, and butter, this dish will be enjoyed by the whole family.*

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*Though it has its disadvantages, the coziness of cold weather is an enjoyable thing for many of you, right? And, to make things even cozier, there are so many amazing recipes for acorn squash that will warm you up and keep your whole family around the kitchen.*

*For today, we chose an interesting one with amazing ingredients. Although the cutting may be a bit more challenging, once you get the gist of it, it will become your favorite task!*

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*Whether it's for Thanksgiving, a birthday dinner or a simple get-together with friends and family, you can prepare this yummy roasted acorn squash for everyone to enjoy. It's nourishing, healthy, and easy-to-make.*

**Roasted Acorn Squash with Butter & Cayenne Pepper**

For 2 servings, here are the ingredients you'll need:

- 1 ½ pound acorn squash
- A tbsp of unsalted butter, softened
- 2 tbsp of maple syrup or 2 tbsp of brown sugar
- Salt, to taste
- ½ tsp of cayenne pepper

Preparation:

Preheat your oven to 400 degrees Fahrenheit. Then, wash and dry the squash and then cut it in half, along the ribs, lengthwise.

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Afterwards, using a spoon, remove the seeds and pulp from each half.

Now, spread the butter over the inside of each half and add the syrup, salt, and cayenne.

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In a baking dish, put a baking sheet and place the acorn halves with the cut sides facing up.

Bake them for 50 to 60 minutes or until it's tender. You can check the tenderness with a fork or a knife.

Craving some vegetarian recipe? No worries- check out this one– it will nourish you from the inside out!

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**Why Is Acorn Squash always a Good Idea?**

With a sweet taste and vibrant color, acorn squash is certainly an excellent carb choice. Besides being very tasty, it's also very nutritious and it's considered to posses some great health advantages.

It's a type of winter squash that's part of the family that includes butternut squash, zucchini, and pumpkin.

It has a sweet, yellow-orange flesh with a nutty-like flavor. It grows throughout the world, but it's very popular in North America.

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Though botanically a fruit, it's considered a starchy veggie and can be used in a similar fashion like other carb-rich veggies like sweet potatoes, potatoes, and butternut squash.

This veggie is very nutritious and it will supply you with important vitamins, minerals, and fiber (protein, thiamine, folate, iron, potassium, magnesium, manganese, vitamin C, etc.)

We love that it's low in calories- only 115 per 200 grams of acorn squash!

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