

# Roasted Squash With Maple Syrup



Rich, roasted squash really warms you up during the cold winter months. It not only contributes to a hearty meal, it's also loaded with vitamins and minerals to keep your body healthy during the long New England winter. Squash is in season and grown right here in Massachusetts. It's fresh, it's local, and it's delicious!

Deval Patrick  
Governor of Massachusetts



**WASH** your hands with soap and water and dry them.

**CLEAN** the counter top with a sponge.

**GATHER** all your kitchen gear and ingredients and put them on the counter.

**SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.

**PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Winter squash is brimming with nutrients—just 1 cup has over a hundred percent of the Vitamin A you need in a day!—and it's also a simply delicious fall treat. In our roasted recipe, maple syrup and squash are a natural pairing, given that both are Massachusetts-grown. Plus, the syrup really brings out the sweetness of the squash.

■ ADULT: YES ■ HANDS-ON TIME: 10 MINUTES ■ TOTAL TIME: 55 MINUTES ■ MAKES: 4 SERVINGS

## KITCHEN GEAR

Cutting board

Sharp knife

(adult needed)

Measuring  
spoons

Baking sheet

## INGREDIENTS

2 acorn squash

4 teaspoons  
olive oil or  
butter

4 teaspoons  
maple syrup

## INSTRUCTIONS

1. Turn the oven on and set it to 400 degrees.
2. Put the squash on the cutting board and use the knife to cut each one in half. (Squash are very hard to cut: this is a job for an adult.)
3. Use the tablespoon to scoop the seeds out and set them aside.
4. Put the squash halves on the baking sheet, cut side up. Put 1 teaspoon oil and 1 teaspoon maple syrup in the hollow of each squash half.
5. Put the baking sheet in the oven and bake until the squash is browned and tender, about 45 minutes. Serve right away.

## Safety Tip

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

# NO ACORNS? NO PROBLEM!

You could use other winter squash such as ambercup, buttercup, carnival, delicata, golden nugget, or sweet dumpling.

DID  
YOU  
KNOW?



“Squash” comes from the Native-American Narragansett word **askutasquash**—which means “a green thing eaten raw”—but the Pilgrims shortened it.

You can roast the seeds of any **winter squash** just like you would pumpkin seeds! They make a delicious snack. Just rinse and dry them, then put them on a rimmed baking sheet, add a teaspoon of oil and half a teaspoon of salt for every cup of seeds, stir well, and roast them in a 325-degree oven for 30 minutes.

## By the numbers:

Over **320** farms in Massachusetts grow squash, and more than **100** sugar houses produce maple syrup.

It takes **85-125** days to grow a pumpkin from seed.

The World Record Pumpkin weighed **1810** pounds. If one 5-pound pumpkin makes 2 pies, how many pies could that colossal pumpkin make?



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