

Maple Balsamic Roasted Acorn Squash

Ingredients:

2 acorn squash, unpeeled, halved through the stem, and seeded

3 Tbls Sprigs & Sprouts Maple Dark Balsamic Vinegar

3 Tbls Sprigs & Sprouts Butter Olive Oil

3 Tbsp 100% pure maple syrup

Salt and freshly ground black pepper to taste

Directions:

Preheat the oven to 350 degrees F.

Place the squash, cut sides up, on a sheet pan.

Place 1/2 tablespoon Butter Infused Olive Oil and 1/2 tablespoon Maple Dark Balsamic Vinegar in the cavity of each squash.

Brush the cut sides with remaining Butter Infused Olive Oil and sprinkle the squash with 3 teaspoons salt and 1 teaspoon pepper.

Roast for 40 to 60 minutes, depending on the size of the squash, until tender when pierced with a small knife.

Place the squash on a serving plate.

Drizzle lightly with maple syrup, sprinkle with sea salt, and serve hot.