



## Brown Sugar Roasted Squash

1 medium winter squash, any type, I used blue Hokkaido (a kind of pumpkin)  
½ C brown sugar  
2 Tb butter or olive oil  
½ tsp ground cinnamon  
Salt and pepper

Preheat the oven to 400 degrees.

Cut the squash up and remove the seeds & pulp. For larger squash types, such as pumpkin or Hokkaido, cut them into generous personal sizes. For smaller squash types, such as Butternut, Acorn or Delicata, cut them in half. You can also peel your squash and cut it into cubes instead of individual serving sizes.

Melt the butter and stir in the brown sugar & cinnamon. Place the squash in a baking dish and drizzle the butter/sugar all over the squash. Sprinkle with salt and pepper.

Baking time will depend upon which type of squash you use, but generally speaking, around 40 minutes. To lessen the overall cooking time, you can microwave your squash for five minutes before you add the butter mixture, and then proceed with the rest of the recipe. Your squash is done when you can easily pierce the flesh with a fork.