Baked Acorn Squash Slices with Brown Sugar and Pecans

*Baked Acorn Squash Slices with Brown Sugar and Pecans. A few simple ingredients and 30 minutes in the oven are all you need to make this delicious recipe!*

**Yield:** Serves 6  **PREP TIME:** 10 minutes  **COOK TIME:** 25 minutes  **TOTAL TIME:** 35 minutes

**Ingredients:**
- 3 tablespoons extra virgin olive oil
- 2 tablespoons maple syrup
- 2 acorn squash or similar hard winter squash, such as carnival (about 1 1/2 pounds each)
- 1/3 cup dark brown sugar
- 1/2 cup whole pecans
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 1/8 teaspoon cayenne pepper

**Directions:**

1. Place a rack in the upper and lower thirds of the oven and preheat the oven to 400 degrees F. Line two rimmed baking sheets with aluminum foil and lightly coat with cooking spray. In a small bowl, stir together the olive oil and maple syrup.

2. Halve, seed, and slice the squash into 1-inch-thick crescent slices. Arrange the slices in a single layer on the prepared baking sheets. Brush the tops with half of the olive oil/maple syrup mixture.

3. Add the brown sugar and pecans to a food processor fitted with a steel blade and process until the pecans are finely ground. Add the salt, black pepper, and cayenne pepper and pulse to combine. Sprinkle half of the brown sugar mixture over the top of the brushed squash slices, reserving the other half.

4. Place the squash in the oven and roast for 5 minutes, until the brown sugar begins to melt. Remove from the oven and, using tongs, a fork, or very quick fingers, flip over each slice. Brush with the remaining olive oil/maple syrup mixture and sprinkle them with the remaining brown sugar mixture. Return the baking sheets to the oven and continue roasting until the squash slices are fork-tender, about 20 additional minutes. Serve warm or at room temperature.

*The brown sugar topping can be prepped up to 2 days in advance. Store in an airtight container at room temperature. The squash can be sliced up to 1 day in advance. Store in an airtight container or ziptop bag in the refrigerator. Brush and sprinkle the squash slices just before baking. Once cooked, the roasted squash can sit at room temperature, covered, for up to 2 hours.*

*Don’t make the mistake a few of Ben’s law school classmates did: The outside peels of the squash slices are not meant to be eaten. Simply cut away the yummy yellow flesh as you eat it, then discard the peels.*

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**Nutrition Facts**  
**Serving Size:** 1 serving  
**Amount Per Serving:** Calories: 239, Total Fat: 14g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 378mg, Carbohydrates: 32g, Fiber: 3g, Sugar: 15g, Protein: 2g