



# CINNAMON MAPLE ROASTED ACORN SQUASH

By Dr. Cindy Tanzar  
(Standard)

One secret to enjoying the flavors you loved in your favorite foods before you started your Genesis Health Solutions weight loss plan is finding good substitutions. You can still enjoy the flavor of maple syrup in this dish by substituting it with pure maple extract. Combined with the cinnamon and richness of roasting, this squash is delicious.

Makes 2 servings. One half squash equals 1 cup cooked vegetable and 1 serving of fat per meal.



## INGREDIENTS

- 1 Acorn squash, cut in halved and seeded
- 2-3 Tablespoons Kerry Gold butter
- Pink Himalayan salt, to taste
- 1/8-1/4 Teaspoon ground cinnamon
- 1/4-1/2 Teaspoon pure maple extract (no sugar)



## INSTRUCTIONS

Preheat oven to 400°F. Line a baking pan with aluminum foil. Pierce flesh of squash with a knife around the edges and center. Take a large piece of foil and crumple into a soft ball, then sit the halved, seeded squash into the ball firmly to hold upright while roasting.

Melt butter into small pan and add 1/8 tsp. cinnamon and ¼ tsp. maple extract and stir. Taste before adding more to your liking. With a spoon or basting brush, spread the butter mixture over the flesh of the squash.

Roast for approximately 40-50 minutes, or until tender when tested with a knife. About halfway through roasting, baste the flesh with the juices from the middle of the squash.