

Acorn Squash Rings with Apple Glaze

Serves 4

1 acorn squash

3 tablespoons butter

2 tablespoons sugar

1/2 cup chopped walnuts

1/4 cup fresh lemon juice

2 tablespoons apple cider vinegar

6 tablespoons apple juice

Slice the squash horizontally into 1-inch thick rings. (To prevent the squash from rolling, first take a thin slice off one side to create a flat base.) Use a spoon to scrape out the seeds and membrane, deposit in compost. Alternatively, you can roast the seeds as you do pumpkin seeds. They are not quite as fleshy, but still tasty.

Steam the squash for 8-10 minutes or until fork tender. You want them to be cooked through, but not so soft that they will not hold their shape. Set the cooked squash aside.

In a medium-sized pan, melt the butter over medium heat. Add the sugar and walnuts. Stir until the sugar is light brown and the walnuts are coated. The sugar will begin to clump up, that is fine. Deglaze the pan with the lemon juice, vinegar, and sugar. Stir constantly until the mixture reduces by half. Turn heat to low.

Have a serving platter ready. Working with one squash ring at a time, lay the squash down in the glaze, then flip to coat the other side. Remove the ring to the serving platter. Repeat with the remaining rings. Spoon any remaining glaze and walnuts over the top. Serve immediately or loosely tent with foil and keep in a warm oven until ready to serve.