

Oven-Roasted Acorn Squash with Brown Sugar Butter (Foolproof Fall Favorite!)

How I Bake Acorn Squash for Peak Comfort Every Time



OVEN
375°F

TIME
45 min

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INGREDIENTS

2 medium acorn squash
4 tablespoons unsalted butter (or more for extra richness)
2 tablespoons brown sugar
Salt and freshly ground black pepper to taste
Foil and a baking sheet

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a large baking sheet with foil for easy cleanup.
2. Prepare the squash. Cut each acorn squash in half from stem to bottom. Use a spoon to scoop out the seeds and stringy bits.
3. Position for roasting. Place squash halves cut side down on the foil-lined tray. This helps them roast evenly and hold their shape.
4. Bake the first round. Roast in the preheated oven for 45 minutes until the skin is fork-tender and the edges start to caramelize.
5. Flip and flavor. Remove from oven and carefully turn each half over. Drop 1 tablespoon of butter, ½ tablespoon brown sugar, a pinch of salt, and black pepper into each cavity.
6. Bake again. Return to the oven and roast 15 more minutes, cut side up, to let the flavors soak in and the tops caramelize.

SWAPS & NOTES

Maple Syrup instead of Brown Sugar : For deeper sweetness with a fall vibe.

Cinnamon or Nutmeg : Add a dash into the squash cavity with the sugar for spiced warmth.

Vegan Swap : Use plant-based butter or coconut oil and maple syrup.

Savory Version : Omit sugar and add garlic butter and rosemary instead. ? Step-by-Step Instructions Preheat oven to 375°F (190°C).

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/oven-roasted-acorn-squash-with-brown-sugar-butter-foolproof-fall-favorite/>