

Sweet & Nutty: Easy Maple Pecan Acorn Squash Recipe (Ready in 45 Minutes!)

Sweet & Nutty Perfection: Maple Pecan Roasted Acorn Squash



TIME
40 min

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INGREDIENTS

This recipe serves 4 people. IngredientQuantity

DIRECTIONS

1. method works beautifully with
2. Butternut : Squash
3. Delicata : Squash
4. as well. Cut them into 1-inch cubes for a similar roasting time.
5. Instructions
6. Step 1: Prep the Squash and Oven
7. Preheat your oven to 200°C (400°F). Line a large baking sheet with parchment paper for easy cleanup. Slice the acorn squashes in half lengthwise, and use a spoon to scoop out the seeds and stringy bits.
8. Step 2: Slice and Glaze
9. Decide how you want to serve it:
10. Cut the halves into 1-inch thick wedges. This is my preferred method for faster cooking and easy serving.
11. Leave them as halves for a beautiful presentation.
12. In a small bowl, whisk together the melted
13. maple syrup
14. brown sugar
15. Step 3: Roast
16. Place the squash wedges (or halves) on the prepared baking sheet.
17. Brush the cut surfaces generously
18. with the maple butter glaze.
19. Roast for 35-40 minutes. If using halves, it may take 45-55 minutes. The squash is done when it is
20. fork-tender
21. and the edges are starting to caramelize.

22. Step 4: Toast the Pecans
23. During the last 10 minutes of roasting, take the pan out and sprinkle the
24. chopped pecans
25. evenly over the squash. Put the pan back in the oven to allow the pecans to toast lightly and become fragrant. This step prevents them from burning and enhances their nutty flavor.

SWAPS & NOTES

Acorn Squashes 2 largeHalved and seeded.

Maple Syrup ... cupUse real maple syrup, not pancake syrup.

Brown Sugar 2 tbspLight or dark brown sugar works.

Cinnamon % tsp Nutmeg ... tspFreshly grated is best, but ground works fine.

TIPS FOR SUCCESS

Score the Flesh: If you're roasting the squash in halves, use a paring knife to lightly score the flesh in a crosshatch pattern (without cutting through the skin).

This allows the glaze to seep in better, resulting in a deeper, more buttery flavor.

Parchment Paper is Key: Acorn squash, butter, and maple syrup can lead to a sticky mess.

Lining your pan with parchment paper or foil is a non-negotiable step for easy cleanup!

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