



# FarmFresh

## Recipes

November 2017

### Available Now...

#### Winter Squash

Winter squash is a tasty and beautiful side dish for your Thanksgiving feast.



#### Tips and Nutrition

Choose a medium to large squash that is firm with no exterior soft spots. Acorn squash is sodium free and a good source of Vitamin C.



### Fresh Inspirations...

#### Glazed Squash

##### Ingredients

- 2 Acorn Squash
- 2 Tsp. Herb Seasoning
- 1 Tsp. Black Ground Pepper
- 1 Tbsp. Kosher Salt
- 1/4 Cup Olive Oil
- 1/2 Cup Brown Sugar
- 1/2 Cup Maple Syrup
- Pumpkin Pie Spice to Taste
- 2 Tbsp. Vanilla Paste

##### Directions

Cut squash in half and scoop out seeds. Drizzle each half with oil and season with salt, pepper and herb seasoning. Place upside down onto a parchment paper lined cookie sheet. Roast in oven at 400 degrees for approximately 35-45 minutes or until soft to the touch. Remove from the oven and allow to cool completely, then carefully cut each squash half into quarters. Place on cookie sheet, squash side up. In a bowl, combine maple syrup, pumpkin pie spice, vanilla paste and brown sugar and mix well. Glaze squash quarters with syrup mixture and roast in oven at 400 degrees for 10 minutes or until hot and glazed. Remove, adjust seasoning as needed with salt and pepper and serve.

Enjoy with a glass of Colorado wine such as Sweetheart Red from Whitewater Hill Vineyards in Grand Junction, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

### Next Month... Colorado Pork