



Cider Glazed Squash

Harvest of the Month Taste Test-- October

Recipe modified from "Let's Cook Healthy School Meals"-- A Project Bread Cookbook



Ingredients:

2 $\frac{3}{4}$ cup Apple Cider
1 Tablespoon Apple Cider Vinegar
1 Tablespoon + 2 teaspoons Brown Sugar
2 pounds butternut squash, cut into cubes
1 teaspoon salt
2 $\frac{1}{2}$ teaspoons oil

Makes 8 servings

Directions:

- In a pot, bring the apple cider, vinegar and brown sugar to a boil.
- Put burner on low and simmer the liquid until it thickens to the consistency of maple syrup.
- Peel the squash and cut into $\frac{3}{4}$ inch cubes. Mix the squash with the salt, pepper, and vegetable oil.
- Put the squash into a pan and roast in the oven at 400F for about 15 minutes.
- Mix the syrup with the roasted squash, and return to the oven for 5 more minutes.