

Seasonal Eating



Sweet and Savory Apples and Acorn Squash

1 small acorn squash, peeled, seeded and cut into 1/2" dice
1 1/2 tablespoons butter, melted
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/4 teaspoon kosher salt, divided
1 tablespoon butter
3 tablespoons chopped onion
1/8 teaspoon black pepper
1 apple, cored and cut into 1/2" dice
1/4 cup low sodium chicken broth
1/2 teaspoon chopped fresh thyme (or 1/4 teaspoon dried thyme)

In a medium bowl, toss the squash with the melted butter, cinnamon, nutmeg and 1/8 teaspoon of the salt. Pour onto a parchment lined baking sheet and roast at 450 degrees for 15 minutes or until just fork tender and golden. Remove from oven and set aside to cool for at least 5 minutes.

In a small saucepan over medium-high heat, melt the butter. Add the onion, remaining 1/8 teaspoon salt and pepper and cook until the onion is soft, about 2 minutes. Add the apple and chicken stock (and thyme if using dried) and bring to a simmer. Cook for 5 minutes or until the apples are just barely tender - they should still retain their shape. Add the roasted acorn squash and thyme (if using fresh). Toss gently and serve warm.