

### ***Baked Acorn Squash with Cranberries and Maple Syrup***

This dish would have been a favorite Thanksgiving treat of the Northeast, and one that the pioneers moving west would have missed, because cranberries in particular would have been hard to obtain.

#### **Ingredients**

acorn squash

fresh **or** canned whole cranberries

maple syrup

ground cinnamon (optional)

#### **Utensils**

knife and cutting board

spoon

baking dish

aluminum foil

If using fresh cranberries, pick out any moldy or smashed berries. Cut the squash in half and remove the seeds. Fill the cavity in the squash with the cranberries and pour some maple syrup over them. Sprinkle with cinnamon. Line the baking pan with aluminum foil and carefully place the filled squash in the pan. The dish can be prepared up to this point in advance. Preheat the oven to 350°F. Place the pan in the oven and bake the squash 1 hour or until they are tender. Carefully remove the squash from the oven and let them slightly cool. Serve hot. One acorn squash yields two servings.