

Caramelized Acorn Squash or Yams

Ingredients:

1. 2 acorn squash. Slice the top 2" from the tops of both squashes; scoop out seeds and discard.
OR
8 yams/sweet potatoes, peeled, quartered
2. ½ cup maple syrup (you can easily partly substitute cinnamon infused or chipotle infused maple syrup) *I highly recommend using the chipotle infused maple syrup!
3. ¼ cup brown sugar
4. ¼ cup maple sugar
5. ¼ cup half-and-half
6. 2 Tablespoons butter
7. ½ teaspoon salt
8. ½ teaspoon cinnamon (optional: using cinnamon infused maple syrup)

Directions:

1. If using acorn squash place squash cut side down in a 13x9 baking dish add a small amount of water, enough to cover the bottom of pan, cover tightly with foil. Bake at 350 degrees for approximately 40 minutes. Remove from oven and continue recipe 3.
2. Arrange yams in ungreased 13x9 baking dish; bake at 325 degrees for 15 minutes.
3. Combine remaining ingredients in a 2-quart saucepan; boil for 5 minutes, stirring constantly. Pour over squash, or yams, or sweet potatoes; bake 15 minutes, basting often.