



ALASKA CENTER FOR ACUPUNCTURE

Baked Squash

Main ingredients:

Organic Butternut Squash or Organic Acorn Squash

Organic Extra Virgin Coconut Oil (Nutiva Brand – available at Fred Meyer – is great!)

Optional ingredients: pecans, cooked fresh cranberries, chopped/sautéed apples and raisins, cumin, ginger (raw or powdered), cinnamon, maple syrup, raw honey, agave nectar, butter, sea salt.

Directions:

Pre-heat oven to 375 degrees. Slice squash in half. Scoop out seeds with a spoon. Using a butter knife, coat the inside and edge of squash with a thin layer of coconut oil. Place each half of squash face down on a foil covered baking sheet. Depending on the size of the squash, baking time will be from 45 minutes to 1 ½ hours. Cooked squash will be very soft and slightly caramelized – cooking too long will dry them out. Remove squash from oven and turn over so they are face up.

Basic: Put a pat or two of butter in the center of the squash, sprinkle cumin or ginger or cinnamon; add a dash of maple syrup. Serve warm.

Fancy: Chop and sauté apples in butter with some raisins and toasted pecans, a pinch of sea salt and some raw honey. Spoon into center of squash and serve warm.

Colorful: 2 cups of fresh cranberries will cook in about 5 minutes. Put them in a pot with a small amount of water at the bottom. With the temperature on high, they will start to pop and split in a matter of minutes. Lower heat and stir frequently. Add chopped fresh ginger and agave nectar or maple syrup to taste. (Fresh cranberries are very tart – so taste them-you may need more sweeteners) Spoon the warm cranberry mixture on top of buttered squash. Looks gorgeous!