



**K-KITCHEN**  
MONTHLY RECIPES + NUTRITION COACHING

## Ingredients

- 1 stick butter
- 1/2C real maple syrup
- 2T apple cider vinegar
- 1/2t dried ground mustard
- 1/2t crushed red pepper
- 3/4T salt
- Freshly ground pepper
- 2 small-medium acorn squashes
- 3/4T chili powder
- 1t ground coriander
- 1t ground cinnamon
- 1/2t salt
- 1/4t pepper

# Grilled Spiced Acorn Squash

## Preparation

1. Preheat the grill to medium.
2. Melt the butter in a small saucepan, reserving 1/4C. Add syrup, vinegar, mustard, red pepper, salt and a few grinds of pepper. Cook for about 4 minutes, then set aside. Remove 1/3C for the end.
3. Cut squash in half lengthwise, remove seeds and slice with flat side down. Place in a large bowl.
4. Combine remaining spices, sprinkle over squash with reserved melted butter to fully coat.
5. Grill about 8-10 minutes per side, baste with syrup mixture and cook for 1 more minute. Repeat on the other side.
6. Remove from the grill and pour remaining syrup mixture over the top.

## Tips

Did you know you can safely eat the skin of the squash once it's cooked? Give it a try with this recipe!

Roasted pepitas can be added before serving.

Recipe modified from The Food Network.