

Acorn Squash with Brown Sugar & Apple Cider

1 medium acorn squash
1 teaspoon extra-virgin olive oil
sea salt and cracked black pepper to taste
2 cups apple cider
1 tablespoon packed brown sugar or to taste
1 cinnamon stick (1-3 inches)
3-5 whole cloves
2 teaspoons butter

Method: Preheat oven to 400°F. Coat a baking sheet with cooking spray. Cut squash in half lengthwise and scoop out seeds. Cut each half in half again lengthwise. Brush the cut sides of the squash with oil and season with salt and pepper. Place the squash, cut-side down, on the prepared baking sheet. Roast for 20 minutes, turn the squash over so the opposite cut side is down, and continue roasting until tender, 15 to 20 minutes more.

Meanwhile, combine cider, brown sugar, cinnamon stick and cloves to taste in a small saucepan; bring to a boil over medium-high heat. Cook, stirring occasionally, until reduced to a thin, syrupy glaze, 20 to 25 minutes. (Watch carefully toward the end to prevent burning.) Remove from the heat and discard the cinnamon stick and cloves. Stir in butter until melted. Serve the roasted squash with the cider drizzle. Garnish with tarragon.