

VANILLA AND CARDAMON GLAZED ACORN SQUASH RINGS

(reprinted from [Fast, Fresh, and Green](#), with permission from Susie Middleton)

1 small acorn squash (1 + 1/4 pounds maximum)
2 Tablespoons unsalted butter
2 teaspoons maple syrup
1 + 1/2 teaspoon vanilla extract
1/8 teaspoon ground cardamon
kosher salt

Heat your oven to 475 F (or 245 C). Line a large rimmed sheet pan with parchment paper. Cut the acorn squash in half lengthwise. Scrape out the seeds and fibery stuff with a spoon. Place each half, with the cut side down on a cutting board, and slice a little less than an inch of both ends. Discard the ends. Slice the squash crosswise into 1/2 inch slices, and place them over the prepared baking sheet.

Melt the butter in a small saucepan. Remove the pan from the heat and add the maple syrup, vanilla, and cardamon. Stir well to combine. Use a brush to lightly brush the slices of squash with the a little less than half the amount of butter. Season lightly with salt and turn the slices over. Brush the second side with the remaining melted butter, reserving some to brush at the end (optional). Season the second side with salt.

Roast the squash for 12 minutes. Carefully flip the pieces over, and roast until nicely browned, 10 to 12 minutes more. If you want, brush with a little more butter before serving.