

Roasted Acorn Squash with Honey-Cinnamon Pecan Crumble



Ingredients:

1 large acorn squash or 2 small

1-2 tbsp extra virgin olive oil

sea salt and pepper to taste

1-2 tbsp butter

1/2 to 3/4 cup pecans, toasted

honey to taste

cinnamon to taste

Pinch ground cayenne

Method: pre-heat oven to 350 degrees. Cut acorn squash in half length wise. Season with salt and pepper. Place tin foil on a baking sheet and spray with cooking oil. Lay acorn squash cut side down on baking sheet. Cook until tender about 45 to 60 minutes. Meanwhile toast pecans whole until you just start to smell them about 2-3 minutes. Add butter, cinnamon, cayenne pepper, season to taste. Let melt and mix. Roughly chop. Remove squash from oven when tender. Flip over and remove seeds with a large spoon. Score the squash flesh with a knife (like an X pattern). Be sure not to go through skin. Place the halves on a platter. Sprinkle with pecans and drizzle with honey.