

Long's Maple Syrup

100% Pure Canadian

MAPLE SQUASH BAKE

INGREDIENTS

- 1 butternut squash
- ⅓ cup Long's Maple Syrup
- 2 TBSP butter
- ½ tsp nutmeg
- ½ tsp salt
- ⅛ tsp pepper
- 2 TBSP Long's Maple Syrup

INSTRUCTIONS

1. Peel squash, remove seeds and cut into 8 pieces.
2. Cook, covered in boiling water for about 15 minutes or until tender.
3. Drain and mash squash.
4. Add ⅓ cup or maple syrup, butter, nutmeg, salt and pepper.
5. Spoon into 1 quart (1 Litre) casserole.
6. Drizzle with remaining 2 TBSP (25 ml) maple syrup.
7. Bake, uncovered, at 350°F (180°C) for about 20 minutes.

Makes 8 servings