



Golden Acorn Squash Rings with Fresh Cranberries

Whole Berry Cranberry Sauce

2 cups fresh or frozen cranberries
1/2 cup granulated sugar
5 ounces lingonberry preserves
2 Tablespoons frozen orange juice concentrate
1/2 cup white wine or apple juice
1/2 cup broken walnuts, optional

Acorn Squash Rings

1 medium acorn squash, wash and dry
Nonstick olive oil cooking spray
1/2 tsp. orange zest
1/2 tsp. dried Italian seasoning
1/2 tsp. mild paprika
1/2 tsp. sea salt

Prepare Cranberry Sauce: Mix cranberries, sugar, preserves, and orange juice concentrate and white wine in 2 quart saucepan. Heat to boiling; reduce heat. Simmer uncovered 12 to 15 minutes; stir occasionally until bubbling to form thick cranberry sauce; remove from heat; stir in broken walnuts if desired. Set aside; cool to room temperature.

Prepare Acorn Squash: Preheat oven to 400 degrees F.

Place squash on a kitchen towel over a cutting board to help hold it securely in place. Cut squash horizontally into 1-inch thick slices (like pineapple rings); discard squash ends. Use a knife to cut away seeds in the center of each squash slice.

Line a large baking pan with foil or parchment. Place squash slices on greased baking sheet; spray squash with oil. In a small bowl, combine lemon zest, Italian seasoning, paprika, and salt; sprinkle over squash slices.

Bake in 400 degree oven for 35 to 40 minutes or until tender.

Serve warm on platter; spoon whole cranberry sauce in center of acorn squash rings. Garnish with parsley sprigs.

Yield: serves: 4

Cook's Note: If preserves are not available, use red currant jelly. Also you will have enough cranberry sauce to prepare two acorn squash or use with any entrée as side dish. We used an electric knife to cut the squash slices.

Recipe Inspired by: Wisconsin State Cranberry Growers Association
and Fresh Thyme Crave September/October 2017

About the Recipe: Sweet golden autumn squash is the star of this dish and perfect for those holiday parties. Whole berry cranberry sauce brings delightful flavor and accents the roasted squash. You almost forget that this dish is a powerhouse of nutrition on a plate.