

# STEAMED ACORN SQUASH

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## INGREDIENTS

Acorn or Carnival Squash

## DIRECTIONS

Wash Acorn or Carnival Squash and remove the stem by snapping it off with your fingers.

Cut the Squash in half (around the hemisphere for Carnival, top to bottom for Acorn) and place in a microwave safe dish.

Season with Salt & Pepper, and any other seasonings such as Nutmeg, Ginger, Cinnamon etc.

Add a ¼ Cup water and cover with plastic wrap.

Heat on high for 8-10 minutes, depending on the microwave power.

Enjoy as a side dish as is, or scoop out and serve in a Pasta with Sauce!