

ACORN SQUASH

375 % for 1 HR

1- ACORN SQUASH
1- GARLIC CLOVE
DIJON MUSTARD
MAPLE SYRUP
GRATED FRESH GINGER

CUT ACORN IN HALF.
CLEAN SEEDS OUT

OTHER IDEAS
CAN STUFF ACORN WITH APPLES; SPINACH; WALNUTS ETC.