

Agave and Balsamic Glazed and Roasted Buttercup Squash

(Makes about 4 servings, recipe created by Kalyn)

Ingredients:

1 buttercup squash, or other winter squash (about 1.5 lbs.)
2 T [Agave Nectar](#) (preferably amber variety)
2 T good quality balsamic vinegar (I used [Fini Balsamic Vinegar](#))
freshly ground black pepper and sea salt to taste

Instructions:

Cut top and bottom end from squash, then sit flat on cutting board and cut in half top to bottom. Use a sharp spoon to scrape out seeds, washing out the inside of the squash if needed. Cut squash into half-moon slices about 1 inch wide. (Any shape of slice will work, but they need to be close to the same thickness.

Preheat oven or toaster oven to 400F. Spray roasting pan with non-stick spray or olive oil. (I was using a toaster oven, so I used a 13" X 9" roasting pan.) Lay squash in single layer on roasting pan. Mix together agave nectar and balsamic vinegar and brush on top layer of squash. (Some will run down, which will coat the bottom as the squash roasts.)

Roast squash 15 minutes, then turn each piece. Brush second side lightly with the agave-balsamic mixture. (It will look glazed already and you may be tempted not to brush it, but do it so the glaze can run down and coat the other side.) Roast 15 minutes more, or until squash pierces easily with a fork and is lightly browned.

Grind black pepper and sea salt over squash and serve hot. (You could make this easier to eat by cutting off the peeling before eating, but I thought it was simple enough to cut the rind off as you ate it, and I kind of liked the look of the squash with the rind left on.)

To see the excellent photos that accompany this recipe please go to Kalyn's website listed below. She publishes these vegetarian recipes in **Saveur Magazine**. I tried to copy the photos for this pdf but couldn't make it happen. You will find many exceptional vegetarian recipes on her site.

<http://www.kalynskitchen.com/2008/11/easy-recipe-for-agave-and-balsamic.html>