

DELICATA SQUASH SMASH

2 Delicata Squash, cut seeded, peeled and quatered
½ - 1tsp Cinnamon, ground
¼ tsp cloves, ground
Olive oil or butter to taste.

Cut, seed, peel and quarter the squash. Cover with water in a medium saucepan. Boil til fork tender about 15 minutes. Drain, smash and season with spices and olive oil or butter to taste.

Easy and Delish!

Enjoy the Bounty!