

# Roasted Winter Squash Slices

*Serves 4:*

## Ingredients

2 small winter squash: acorn and/or carnival  
2 tablespoons olive oil  
pinch of cayenne pepper  
1 to 2 tablespoons light brown sugar  
sea salt  
freshly cracked black pepper

## Preparation

Preheat the oven to 400 degrees.

Using a large, sharp knife, cut your squash in half lengthwise.

Scoop out the seeds from each half, carefully scraping away fibers with the edge of your spoon.

Place each squash half cut side down securely on a board--carefully slice as thinly as possible.

In a large bowl, toss squash slices with olive oil, cayenne pepper, brown sugar, sea salt and pepper.

Lay the slices out on a parchment lined baking sheet and place in the oven to roast for 20 minutes.

Turn slices over, place baking sheet in oven and continue to roast for 15 to 20 minutes longer.

The squash is done when it is slightly golden and the flesh is meltingly tender.

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