

# Candied Baked Acorn Squash

2 medium acorn squash, peeled & cubed  
5 - 6 medium sour macintosh or other sour apple  
1/4 c. or less maple syrup  
6 T. butter  
sprinkle of salt

Wash and peel 2 acorn squash and cut into cubes. Wash and slice 5 - 6 sour apples. Mix all with just less than 1/4 cup maple syrup in a baking dish. Sprinkle the top with salt. Dot the top with butter and bake at 350-400 degrees for 1 hour or until tender.

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# Candied Acorn S

2 medium acorn squash, p  
5 - 6 medium sour macintosh  
1/4 c. or less maple syrup  
6 T. butter  
sprinkle of salt

Wash and peel 2 acorn squash and cut in  
sour apples. Mix all with just less than 1  
dish. Sprinkle the top with salt. Dot the t  
400 degrees for 1 hour or until tender.

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350-400 degrees for 1 hour or until ten

# Shopping List

Browned Tofu

| Ingredients           | Weight or Volume | PLU # |
|-----------------------|------------------|-------|
| tofu                  | 1 lb.            | _____ |
| tahini                | 3 T.             | _____ |
| salt                  | 1 t.             | _____ |
| Bragg's liquid aminos | 2 T.             | _____ |
| onion powder          | 1 t.             | _____ |
| garlic powder         | 1 t.             | _____ |
|                       |                  | _____ |

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