

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS

CANDY SQUASH

Prepared by **Carolina Saavedra of La Morada**

Ingredients:

- 2 pounds honeynut or butternut squash
- 3 tablespoons of sugar
- 2 cinnamon sticks
- 3 cloves
- Water
- Honey or agave
- Pepitas



Instructions

Wash, remove seeds, and cut squash into one-inch slices. In a medium sauce pan add your squash slices, 2 cinnamon sticks, 3 cloves, sugar, and water until squash are fully covered. With medium to high heat bring your water to a boil. Once boiling lower the heat to medium to low and allow your water to simmer until there is at most a quarter amount of water from the amount you originally started with and your squash is fork tender. Turn off fire. Drizzle and stir in either agave or honey and allow your squash to rest for at least ten minutes. Serve your squash on a bowl and drizzle additional agave or honey, top with pepitas, and enjoy.