

Balsamic Roasted Kabocha Squash

1 tablespoon brown sugar, packed
2 tablespoons balsamic vinegar
1 tablespoon olive oil
a pinch salt
1 kabocha or buttercup squash

Preheat oven to 350F. Cut squash into quarters and remove seeds. Use a fork to break up brown sugar and combine with balsamic and salt. Mix in oil. But squash flesh side up into a baking tray and pour over the flesh. Rub the sugar in to get it to evenly coat. Cover with aluminum foil and bake for an hour.