

INGREDIENTS

- 1 1/4 cups granulated sugar
- 1/2 cup water
- 4 winter squash (1 1/4 pounds of butternut, acorn, or pumpkin)
- 1/2 cup chopped walnuts
- 1/2 teaspoon cinnamon (optional)

DIRECTIONS

- 1. Wash hands with soap and water.
- 2. Boil the sugar and water until it forms a thick syrup.
- 3. Wash the pumpkin, peel it, remove the seeds, cut into pieces and cook in the syrup until it is very thick and almost all absorbed.
- 4. Arrange the pumpkin on a plate and decorate with walnuts and cinnamon (optional).

Recipe source adapted from: myplate.gov



Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. USDA does not endorse any products, services, or organizations. Provided by Food Bank of Delaware. This institution is an equal opportunity provider.

 Be careful, syrup will be extremely hot!