



SHIRINI



Approx. 1
hour



6 servings

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)
- Be careful, syrup will be extremely hot!

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