

Acorn Spiced Squash Rings

Ingredients

- 2 medium acorn squash
- 2 eggs
- 1/4 cup milk
- 1/2 cup cornmeal
- 1/4 cup packed brown sugar
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/3 cup butter or margarine, melted

Directions

1. Wash squash. Cut into 1/2-in rings; remove and discard seeds and membranes. In a shallow dish, beat 4 eggs and milk. In another shallow dish, combine the cornmeal, brown sugar, cinnamon, salt and nutmeg; mix well. Dip squash rings into egg mixture, then into cornmeal mixture; turn to coat. Place in a greased 15-in. x 10-in. x 1-in. baking pan; drizzle with butter. Cover and bake at 400 degrees F for 25 minutes. Uncover; bake 10 minutes longer or until the squash is tender.

very good recipe...The crunch from the cornmeal added a nice new element This was so great. Just the right amount of sweet and crunchy.

Yummy! I had a Kabocha squash from the farmers market and peeled and sliced it in 1/2 inch semicircles and followed the recipe. I did only use one egg. This is one I will make often. I think if the squash is a sweet enough variety that you could use a bit less sugar.

FANTASTIC!!!! Has the perfect amount of crispy and sweet. It's like having a sweet onion ring. I wouldn't change a thing to this recipe. Its excellent the way it is. Serve it with a side of broccoli and baked chicken.