

Crock Pot Acorn Squash

As the seasons change so does the selection of produce. I love summer for its melon and berries, but fall is such a refreshing reminder of patience. Have you ever tried to grow acorn squash? You plant it and then wait and wait and wait. Two summers ago, I lost an entire crop to shield bugs. The summer before that, my summer pole beans took over and the acorn squash never got the space to grow. The tough part about fall produce is encouraging it to survive the summer.

This year, I didn't plant any of my own, but the local farmer's market is just started to offer beautiful varieties of squash, so I picked up an acorn, a butternut and a spaghetti squash and I am happy to have found fall in these forms. Tonight I made the acorn squash and baked it with a nice complement of baby carrots. This is a great side dish that is easy to make with very few ingredients. Enjoy!

1 acorn squash, cut in half and seeds removed

1 cup baby carrots

2 T. butter

2/3 c. water

Place acorn squash halves in the crock pot, facing up. Put 1 T. butter in each half, then 1/2 c. carrots. Pour the water in the crock pot, but not on or in the acorn squash. Cook on high for three hours.