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**AUTUMN FROST SQUASH RECIPES**

Autumn Frost Squash Recipes. Celebrate the season's bounty with delightful dishes showcasing the vibrant and sweet autumn frost squash, enriched with warm spices and aromatic herbs. Embrace the cozy flavors of autumn in every delectable bite.

### EQUIPMENT

* Sharp Chef's Knife
* Cutting board
* Baking sheet
* Mixing bowl
* Oven

### INGREDIENTS

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* 1 small autumn frost squash
* 2 tablespoons butter or olive oil
* 1/2 teaspoon cinnamon
* 1/4 teaspoon nutmeg
* 1/4 teaspoon cloves
* Fresh rosemary and thyme for garnish
* Maple syrup or honey for drizzling (optional)

### INSTRUCTIONS

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* Preheat the oven to 400°F (200°C).
* Cut the autumn frost squash in half, scoop out the seeds, and slice into desired shapes.
* Place the squash pieces on a baking sheet.
* Drizzle with butter or olive oil.
* Sprinkle cinnamon, nutmeg, and cloves over the squash.
* Roast in the oven for 25-30 minutes, or until tender and slightly caramelized.
* Drizzle with maple syrup or honey (optional) and garnish with fresh rosemary and thyme.
* Serve and enjoy the delightful autumn flavors!