

Frugal Foodie Friday: Acorn Squash with Sweet Sage “Butter”

I have been so impressed with how well our herb plant not only survived our recent move to a cooler climate, but also how much it is thriving. Must be all of the great sun it is getting in our very bright new (to us) kitchen.

I have found good use for the basil and parsley with some regularity, but until recently, I hadn't found a good recipe for the sage, which my husband only approves of in light moderation. Luckily, this recipe for Acorn Squash with Sweet Sage “Butter” definitely fit the bill, and it also gave me another opportunity to test out the new Earth Balance soy-free margarine (all natural – none of those nasty trans fats!). And I am happy to report that the Earth Balance was excellent as a “browned butter” in this very seasonal dish.

Though I typically roast squash for that caramelization effect, I must admit that this baking method worked fabulously. It was almost like a steaming technique that locked in the natural flavor. Try it!