

# Book COOK

Saturday, Nov. 13 | 11:00 am

## Candied Fall Squash Rings

### INGREDIENTS

- 2 small or 1 large squash, sliced and deseeded
- 1 tablespoon olive oil
- 1/2 cup brown sugar
- 2 tablespoons orange juice
- salt and pepper

### PREPARATION

1. Preheat the oven to 400°F. Line a half-sheet pan with parchment paper.
2. Arrange the squash rings in a single layer on the prepped half-sheet pan.
3. Mix together the olive oil, brown sugar, and orange juice in a small bowl. Evenly distribute half the mixture over the squash rings.
4. Bake for 15 minutes, and then flip. Distribute the remaining glaze on the squash, and then bake an additional 15 minutes.
5. Serve while hot.

## Chocolate Bark

### INGREDIENTS

- 2 cups dark chocolate chips
- 2 tablespoons coconut oil
- 1 cup toasted pumpkin seeds
- 1 cup tart dried dark cherries

### PREPARATION

1. Melt the chocolate chips
2. Melt in the coconut oil
3. Add toasted pumpkin seeds and dried cherries; mix well
4. Pour onto a piece of parchment paper, placed in a casserole or baking dish
5. Place into the freezer for 10 - 20 minutes; when it's frozen through, break the bark into pieces...and savor the flavor!

