Squash Dessert from the Navajo Reservation

There are many types of squash and most thick-skinned squash can be used in this recipe. This dessert is nutritious, rich in protein and vitamins, and a sweet delicacy from the Navajo Reservation.

Of course, squash is prepared in many ways on the Reservation, from steamed to boiled. Squash can be cooked with many other vegetables, and squash dishes can be served at breakfast, lunch and dinner.

8–12 servings
20 minutes to prepare

5 teaspoons of sugar (or more, to taste)
1 or 2 acorn squash
3 cups of water

Boil the 3 cups of water in a saucepan. Cut acorn squash into square sections and place in boiling water.

Let the squash boil in the hot water for 8 minutes until the squash becomes very firm.

Take out the squash and place on plate. Sprinkle sugar on top and serve hot or cold.

Lanell Pahe