# Grilled Acorn Squash

**Ingredients**
- 1 acorn squash, seeds removed, cut in 8 slices, leave peel on.
- 1 TBSP canola, olive or vegetable oil or melted butter
- 1/4 tsp salt, 1/8 tsp black pepper
- 1/8 tsp garlic powder
- Dash cayenne pepper (optional)

**Instructions**
Preheat grill to high heat, clean grill and reduce to low, 300-350 degrees.

Slice acorn squash in half, remove seeds, then slice into 8 segments. Drizzle oil over the squash, sprinkle with salt, pepper, garlic powder and cayenne (if desired). Toss to coat all squash.

Rub grill lightly with oil. Place segments on the grill and cook with grill closed for 8-10 minutes. Flip segments and cook for 5-10 more minutes, removing squash when tender.

**Serving Size:** 4 slices

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Grilled acorn squash can be served warm or at room temperature. Other herbs like thyme, cilantro, or rosemary can also be sprinkled on squash before or after grilling for more flavor. Leftovers can be taken off the peel and chopped into salads or mixed with brown rice and cooked spinach or kale as a side dish. Store leftovers in refrigerator for up to 3 days.

Instead of grilling, the squash can also be baked in a 400 degree oven for about 20 minutes, checking for tenderness and removing when a fork pierces easily but before the squash becomes too mushy.

Acorn squash is considered a starchy vegetable, so it has more calories and carbohydrate than summer squash like green zucchini, but it has less calories and carbohydrate than potatoes. It is related to pumpkin and butternut squash, which are all rich sources of Vitamin A, Vitamin C, and fiber. It’s a great alternative to potatoes, rice or pasta.