HERB ROASTED PARMESAN ACORN SQUASH

Adapted from: The Real Food Dieticians - www.TheRealFoodRDs.com
Prep: 10 mins  Cook: 25 mins  Total: 35 mins  Yield: 4-6 servings

INGREDIENTS

- 1 large acorn squash (or 2 small)
- 1/3 cup parmesan cheese
- 1 tsp. dried herbs (either rosemary or thyme, sage, oregano or some combo)
- 1 Tbsp. clarified* butter melted; or good quality oil
- 1/2 tsp. garlic powder
- 1/4 tsp. salt + more to taste
- 1/8 tsp. black pepper

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Cut acorn squash in half and scoop out the seeds. Then slice each half into ½ inch slices.
3. In a large bowl, combine all of the ingredients and toss to combine.
4. Transfer to a large, lightly oiled sheet pan
5. Bake in the oven for 25 minutes or until squash is cooked through and parmesan cheese is crispy and slightly brown.

NOTES

- * To clarify butter, melt 1 stick and place in fridge until it hardens. The white layer on bottom is milk solids and may be scraped off and discarded. The remaining yellow layer is clarified butter and may be used at higher heats without burning.
- For a sweeter alternative to recipe above, replace savory herbs with 1/4 tsp cinnamon, 1/4 tsp nutmeg and 1/4 tsp red pepper flakes (optional). Replace parmesan with 2 Tbs brown sugar or maple syrup.

NUTRITION

Serving Size: 1/6th of recipe; Calories: 85; Sugar: 0 G; Sodium: 110 G; Fat: 4 G; Carbohydrates: 12 G; Fiber: 2 G; Protein: 3 G.

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Acorn Squash
(Adapted from: www.fruitsandveggiesmorematters.org)

Acorn squash is a type of winter squash that was named for its acorn-like shape. Acorn squash come in a variety of colors including: yellow, dark green, tan, and orange.

How to Select
Select acorn squash that are dull and heavy for their size. Avoid squash with soft spots or cracks.

How to Store
Store acorn squash in a cool, dry area away from extreme temperatures and sunlight. Acorn squash can stay fresh for up to 3 months.

Nutrition Benefits
Fat free, saturated fat free, cholesterol free, sodium free and a good source of vitamin C.

Top 10 Ways To Enjoy Acorn Squash

10 Over Pasta. Purée roasted or steamed acorn squash and use it as a sauce over pasta or with meats.

9 As Pasta. Mix thinly-sliced squash strips with whole wheat noodles and cook according to the spaghetti package. This is an easy addition of vitamins and minerals!

8 As Dessert. Heat half a peach, half an apple, honey, nutmeg, and a ¼ teaspoon of butter in a frying pan on low heat until apples and peaches are tender. Microwave a hollowed out portion of squash until tender. Fill with apple mixture. Enjoy!

7 Steamed. Thinly slice acorn squash, then add a little cinnamon, ginger, or nutmeg and either steam or microwave for a low-calorie side dish anytime!

6 Soup. Make a delicious cream of acorn squash soup and then, for a festive presentation, bring it to the table served inside hollowed-out squash halves.

5 Roasted. Cube acorn squash and add to other veggies like parsnips, carrots, potatoes, and onions. Coat lightly with olive oil, sprinkle with salt, and then pop the pan in the oven until the veggies are cooked. This delicious side dish is a great accompaniment to many meats and tastes great on its own.

4 Vegetarian Main Dish. Whether going meatless is an occasion or a lifestyle for you, this is the perfect dish to fill you up and keep you satisfied. Try It: Corn & Beans w/ Acorn Squash

3 Stuffed. Cut an acorn squash in half and remove the seeds, then stuff it with your favorite meatloaf mix recipe, or try our Apple Stuffed Acorn Squash.

2 Toasted Seed Snack. Acorn squash seeds can be toasted in the oven and eaten just like pumpkin seeds. A delicious snack … anytime.

1 A Sweet Presentation. Cut an acorn squash in half and remove the seeds. Sprinkle with cinnamon, ginger, or nutmeg and sugar. Add a pat of butter to each half and roast until tender. A beautiful presentation when entertaining guests!

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