



Roasted Acorn Squash



prep time
10 minutes



total time
35 minutes



servings
4

Ingredients

- 1 large/2 small acorn squash
~ 3 carb servings
- 1/3 cup grated Parmesan cheese +
more for garnishing
~ 1 protein serving, 1/2 fat serving
- 2–3 tablespoons fresh herbs or 1
teaspoon dried herbs (example:
thyme, sage, rosemary, oregano, or
a mix of these)
- 1 tablespoons butter or ghee, melted
~ 1 fat serving
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt + more to taste
- 1/8 teaspoon black pepper

Instructions

- 1 Preheat the oven to 400°. Line baking sheet(s) with parchment paper.
- 2 Cut the acorn squash in half, from stem to tip, and scoop out the seeds. Then, cut each squash half into 1/2-inch thick moon-shape slices.
- 3 In a bowl, combine the Parmesan, herbs, melted butter, garlic powder, salt, and black pepper; toss until well mixed.
- 4 Spread the acorn squash pieces out onto the prepared baking sheet(s). Using your hands, gently press the Parmesan mixture onto one side of each squash piece.
- 5 Bake until the acorn squash pieces are tender and the Parmesan topping



is crispy and slightly browned, about 25 minutes. If desired, garnish with additional Parmesan cheese and herbs. Use a flat spatula to lift each piece off of the baking dish and onto a serving tray or dinner plates.

Whole Recipe Breakdown:

- 1 Serving Protein
- 3 Servings Carb
- 1 1/2 Servings Fat
- 0 Serving Veggies

simple side dish

