

Herb Roasted Parmesan Acorn Squash

From The Real Food Dietitians – Pre Time 10 Mins – Cook Time 25 mins

1 large acorn squash (2 small)

1/3 cup shredded parmesan cheese (more for garnish)

2 – 3 Tbsp fresh herbs of 1 tsp dried thyme, sage, rosemary or oregano)

1 Tbsp ghee or butter, melted

1/2 tsp garlic powder

1/2 tsp salt or more to taste

1/8 tsp black pepper

Preheat oven to 400 degrees F. Cut acorn squash in half and scoop out seeds. Slice each half into 1/2-inch thick slices. Combine all ingredients and toss to combine in a large bowl. Transfer to a large sheet pan. Press parmesan cheese onto the slices. Bake 25 mins - until crispy and slightly browned. Garnish with additional parmesan cheese and herbs if desired.