

## **Autumn Acorn Squash©**

Serves 4

### *Ingredients*

2 acorn squash, halved and seeded

2 tsp olive oil

1 recipe *Italian Dipping Sauce*

### *Directions*

1. Preheat oven to 350° F. Rub cut sides with olive oil. Place squash cut side down onto a glass baking dish.
2. Bake for 40 – 60 minutes until tender and easily pierced with a paring knife.
3. While the squash are roasting, prepare *Italian Dipping Sauce*.
4. Remove the tender squash from the oven. Before serving, spoon 1 T of the dipping sauce onto each half. Serve hot or room temperature.

*Nutritional facts per serving:* calories 205kcal; total fat 11.7g; saturated fat 1.7g; cholesterol 0mg; sodium 232mg; total carbohydrates 25g; dietary fiber 3g; sugars 2g; protein 3g; vitamin A 19%\*; calcium 10%\*; vitamin C 44%\*; iron 10%\*

*Dry eye support:* vitamin A, beta carotene, lutein+zeaxanthin; vitamins B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6, folate, dietary fiber

## **Italian Dipping Sauce**

Servings 6

### *Ingredients*

3 T Italian flat leaf parsley, minced

1 T mixed Italian herbs, dried

1 garlic clove, finely minced

1/2 tsp sea salt

1/2 tsp black pepper

1/4 tsp red pepper flakes (optional)  
1/4 cup balsamic vinegar  
1/4 cup extra virgin olive oil  
2 T Parmesan OR Romano cheese, finely grated  
2 T sundried tomatoes, minced (optional)

*Directions*

1. Combine all ingredients.
2. Allow to rest 10 minutes before serving.

*Nutritional facts per serving:* calories 99kcal; total fat 9.2g; saturated fat 1.3g; cholesterol 0mg; sodium 225mg; total carbohydrates 3g; dietary fiber 0g; sugars 2g; protein 1g; vitamin A 3%\*; calcium 3%\*; vitamin C 4%\*; iron 2%\*

*Dry eye support:* vitamin A, beta carotene, lycopene, lutein+zeaxanthin; vitamins E, K; phytonutrients: *eugenol, apigenin, allicin, benfotiamine, rosmarinic acid, thymol*