

Turmeric Roasted Acorn Squash

4 SERVINGS 40 MINUTES



INGREDIENTS

1 Acorn Squash (peeled, seeds removed)
3 tbsps Extra Virgin Olive Oil (divided)
1 1/2 tsp Cinnamon
1 1/2 tsp Turmeric
1 tsp Sea Salt (divided)
1/2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	179	Iron	2mg
Fat	14g	Vitamin D	0IU
Carbs	15g	Folate	39µg
Fiber	4g	Magnesium	45mg
Protein	2g	Zinc	0mg
Vitamin C	14mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Slice the acorn squash into 1/4-inch slices and toss in a bowl with half of the olive oil.
- 03 Add in the cinnamon, turmeric and half of the sea salt. Toss together until evenly combined.
- 04 Add the spiced acorn squash slices to the baking sheet and bake for 30 - 40 minutes, or until completely cooked and soft.
- 05 Remove the squash from the oven to let cool. Top with olive oil and salt. Enjoy!

NOTES

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OPTIONAL DRESSING

While the squash cooks, prepare the dressing by adding the remaining olive oil, remaining sea salt, avocado, lime juice, cilantro to a blender. Blend together until smooth. Add a little water if necessary to get the right consistency.

LEFTOVERS

For best results, store the squash and dressing separately. Refrigerate the squash in an airtight container for up to two days. Refrigerate the dressing in an airtight container for up to five days.