

Cinnamon Roasted Acorn Squash

4 SERVINGS 35 MINUTES



INGREDIENTS

1 Acorn Squash (peeled, seeds removed)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Cinnamon
1 1/2 tsps Turmeric
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	79	Iron	1mg
Fat	4g	Vitamin D	0IU
Carbs	13g	Folate	19µg
Fiber	2g	Magnesium	37mg
Protein	1g	Zinc	0mg
Vitamin C	12mg		

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 wedges and toss in a bowl with olive oil.
- 03 Add in the cinnamon, turmeric and sea salt, and toss together until evenly combined. Add the squash slices to the baking sheet and bake for 30 minutes, flipping halfway.
- 04 Remove from the oven, divide between plates and enjoy!

NOTES

RECIPE ID 214

SERVING SIZE

One serving size is approximately four slices of squash.