Louisiana HARVEST of the MONTH

Upside Down Roasted Acorn Squash

Home Recipe

Serves: 2
Prep Time: 10 minutes
Cook Time: 50 minutes

Ingredients

- 2 acorn squash about 2 pounds each
- 3 Tbsp olive oil
- kosher salt for seasoning
- Black pepper for seasoning
- 2 Tbsp maple syrup optional
- 1 tsp chopped parsley

Nutrients Per Serving

Calories	
Total Fat	3 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	200 mg
Carbohydrates	17 g
Dietary Fiber	3 g
Total Sugars	5 g
Protein	3 g
Calcium	66 mg
Iron	1 mg
Potassium	435 mg

Cooking Instructions

1) Set the oven rack to the center position and preheat to 400°F (204°C).
2) Wash and thoroughly dry the acorn squash.
3) Poke several holes in the squash skin and place it in the microwave oven for a couple of minutes to soften it for cutting. Then place the squash on a sturdy cutting board. Use a chef's knife to cut the squash in half lengthwise as follows: Identify one side of the stem and begin to carefully cut through the skin and flesh between the ridges until it feels hollow in the center, not the actual stem. Continue to cut around, using small saw motions until you reach the other side of the stem, leave the stem uncut.
4) Pull the two halves apart. Use a large spoon to remove the seeds. If desired, wash, separate and dry the seeds for roasting later.
5) Line a large baking sheet with foil. Grease the foil with 1 tablespoon of olive oil, use a paper towel to evenly spread.
6) Brush the flesh of the acorn squash with 2 tablespoons of olive oil. Place the squash cut side down and evenly spaced on the baking sheet.
7) Roast until a knife can easily pierce into the flesh, about 30 to 45 minutes depending on the size of the squash.
8) Carefully turn the squash over with tongs and season with salt and pepper.
9) If desired, brush the flesh with maple syrup then roast until caramelized, about 5 to 10 minutes.
10) Season with more salt and pepper, garnish with parsley.

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