

Side

Roasted Acorn Squash with Maple and Rosemary

10 Mins
Prep Time

25 Mins
Cook Time


4
Servings

 **153 Calories** **8g Fat** **21g Carbs** **2g Protein**



Ingredients

 **4 Servings**  **35 Mins Total Time**  **Allergens: Nuts**

1 Large Acorn Squash (wash under cold running water) 

2 Tbsp Maple Syrup

1 Tbsp Extra Virgin Olive Oil

2 Tsp Fresh Rosemary, finely chopped (wash with cold running water before chopping)

¼ Tsp Salt

Walnut Topping

¼ Cup Walnuts 

1 Tsp Fresh Rosemary (wash with cold running water)

¼ Tsp Salt

1 Tbsp Maple Syrup

Allergen Swap

Nuts Omit walnuts and replace with sunflower seeds

Nourishment Note



Acorn Squash

Acorn squash is loaded with vitamins, minerals, antioxidants and fiber. Due to its high antioxidant content, acorn squash may be protective against chronic health conditions, like heart disease, which is common in those with lupus.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 400 °F. Cover baking sheet with parchment paper.

3. Prepare the Squash

Using a sharp knife, cut the squash in half vertically and scoop out the seeds using a spoon. Cut halves into 1-inch half moons along the natural grooves.

4. Toss with Oil, Rosemary and Salt

In a large bowl, toss the squash with the maple syrup, olive oil, rosemary and salt. Place squash, skin side down, onto the prepared baking sheet.

5. Roast

Roast squash for 15 minutes.

6. Prepare Walnut Topping

While squash is roasting, finely chop walnuts and rosemary for the walnut topping. Add the walnuts and rosemary to a small bowl and mix with salt and maple syrup.

7. Top Squash with Walnuts and Roast

Top roasted squash with walnut mixture and return to the oven to roast for an additional 10 minutes. Remove from oven and serve immediately. Enjoy!

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Lively Table](#)

What You'll Need



Knife



Cutting Board



Spoon



(2) Bowls - One Large, One Small



Measuring Spoons



Baking Sheet



Parchment Paper

Fatigue Buster

- Purchase pre-cut squash
- Use a mini food processor to chop the walnuts and rosemary for the topping