



Parmesan Crusted Delicata Squash

Makes 2 servings

Ingredients

Cooking spray
1 delicata squash, about 14 ounces, washed and dried
1 tablespoon olive oil
1 garlic clove, crushed
¼ teaspoon kosher salt

Black pepper, to taste
¼ cup fresh-grated Parmesan
2 tablespoons finely chopped parsley
1 teaspoon finely chopped fresh thyme
½ teaspoon lemon zest

Instructions

1. Preheat oven to 425 degrees. Line a large baking sheet with parchment, lightly spray with oil.
2. Slice the squash in half lengthwise and scoop out the seeds with a spoon. Slice the seeded halves into ¼-inch-thick slices (half circles) and place them in a large bowl.
3. In a small bowl, combine the Parmesan, parsley, thyme and lemon zest.
4. Drizzle the olive oil, garlic, salt and black pepper over the squash slices, tossing well to coat.
5. Lay squash flat on the prepared baking sheets; pour the Parmesan mixture over the squash.
6. Bake in the center of the oven until soft and golden brown on the edges, about 25 minutes.

Nutrition Facts

Serving size: ½ squash; calories per serving: 232; fat: 11g; saturated fat: 3.5g; fiber: 9g; carbohydrates: 30.5g; protein: 7.5g; sodium: 383mg; sugars: 0.1g; cholesterol: 10mg

Source: www.skinnytaste.com

