



SO EASY SAVORY SQUASH RECIPE

Looking to make squash, but not feeling something super sweet? Then try this recipe! Takes around 10 minutes to prep and 25 minutes to bake.

Directions:

- Preheat oven to 400 F.
- Get a baking sheet and line with foil.
- Cut the squash in half from stem to bottom. Scoop out the seeds.
- Get a bowl and mix the cheese, herbs, butter/oil, and other seasonings.
- Spread this mixture inside the squash and press into place. Place on baking sheet
- Bake until the squash is soft, around 20-25 minutes.
- Can add more cheese and herbs. Enjoy!.

Ingredients:

- 1 large squash or 2 small (delicata or acorn)
- 1/3 cup grated Parmesan cheese
- 1 tsp dried herbs (such as thyme, oregano, and sage)
- 1 tbsp butter or oil
- 1/2 tsp garlic powder
- pinch of salt and pepper

Adapted from The Real Food Dietitians.

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