

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Roasted Sesame Acorn Squash

Serves 4

Recipe by Emilie Burgess

Ingredients:

- 1 acorn squash
- 1 tablespoon low sodium soy sauce
- 1 tablespoon olive oil
- 1 tablespoon sesame seeds
- 1 tablespoon cumin seeds
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper

Directions:

1. Preheat oven to 400 degrees. Spray a baking sheet with vegetable oil spray or line with parchment paper.
2. Slice acorn squash in half and remove seeds. Place in a large bowl. Sprinkle with soy sauce, olive oil, and toss. Sprinkle with oil and toss.
3. Place slices on prepared baking sheet (may need 2). Sprinkle with sesame seeds, cumin seeds, salt and pepper.
4. Bake 15-20 minutes, or until tender

Nutritional Information:

Calories: 85	Cholesterol: 0mg
Total Fat: 4g	Carbohydrates: 12mg
Saturated Fat: 1g	Dietary Fiber: 2g
Protein: 2g	Sodium: 347mg