

# Happy Harvest Roasted Acorn Squash

Preheat oven to 425.

1. Slice thin layer off top and bottom of acorn squash so that it sits flat on a cutting board. Cut in half length wise, from stem to bottom. Scoop out seeds using a spoon, and discard seeds.
2. Slice the acorn squash into slices (similar to how you would slice cantaloupe). Place slices in a single layer on a rimmed baking sheet. Drizzle with olive oil, and add a pinch of salt and pepper. Then toss until evenly coated. Last, give a little sprinkle of ground cinnamon to each slice.
3. Place in the oven for 20-25 minutes, or until fork tender. Let rest for a few minutes before serving. The green exterior is awfully pretty, but I wouldn't recommend eating it.

Courtesy of Caitlin Joseph

To me, fall time means apple picking, pumpkin carving, and roasted veggies! The cool temperature and crisp air just beg for cozy, nourishing dishes. You may have seen these veggies at the farm stand or grocery store and wondered – “What on earth would I do with that!?” Well, you're in luck, because these veggies aren't just cute centerpiece decorations, they're also choc' full of health benefits!

With cold season upon us and the inevitable germs that we bring home from work, or the kids bring home from school, it's important to keep our nutrient and vitamin intake a top priority! Winter squash is loaded with anti-inflammatory nutrients including omega 3's and beta carotene, along with a

healthy dose of Vitamin C, and magnesium. So serve this up along side some roasted chicken, or pair it with some leafy greens for a wholesome, hearty, fall-time meal.

With just 56 calories per cup, and a slew of vitamins to boot, this farm stand find packs the ultimate cold season punch