

## Roasted Acorn Squash

2 acorn squash  
olive oil  
cinnamon (about ½ tsp)  
cayenne (about ¼ tsp)  
salt (about ¼ tsp)

Peel and seed the squash. Dice into cubes. Lightly toss with olive oil to coat. Add cinnamon, cayenne, and salt. Stir to coat. Roast in 425 oven for about 45 min. Line cookie sheet with foil and spray for easier clean up.

The Seeds can be separated out and used sparingly in salad as an extra “Good Fat” source. Clean squash heart off of seeds. Simmer with water and sea salt in a saucepan for about ten minutes. Drain and pat dry. Drizzle seeds with olive oil and lightly salt with sea salt or glacier salt. Roast on a cookie sheet at 325 degrees for about 15 minutes.