

# Baked Acorn Squash Rings



-you can also use  
Delicata Squash



## **Ingredients:**

2 Tbsp. Pure Maple Syrup  
or 2 Tbsp. Raw Honey  
1 Tbsp. Fresh Lime Juice  
2 tsp. Avocado Oil  
2 Acorn Squash  
*about* 2.25 lbs. either squash  
-leaving skin on, sliced in half,  
seeded then sliced into 16-1/2" rings  
2 x ✌️ finger pinches Kosher Salt  
Avocado Oil Cooking Spray

**Directions:** Pre heat oven to 425°F  
Line a large baking sheet with foil.  
Spray with avocado oil.

**Step 1:** In a large bowl, add  
together maple syrup, lime juice and  
oil. Combine. Add squash rings in  
batches to coat both sides. Place  
onto prepared baking sheet as you  
go. Evenly sprinkle on pinches  
kosher salt.

**Step 2:** Place baking sheet into pre  
heated oven on the top third rack  
(not the broiler rack). Halfway  
through the 30 minute roasting time,  
remove baking sheet, flip squash and  
return for up to 15 more minutes.  
The squash should be tender when  
pierced with a fork and slightly  
golden. Don't burn it or over-cook it.



## **Carb Portion Only:**

### **2 Unit portion:**

-if acorn, 2 rings  
-if delicata, 3 rings

### **3 Unit portion:**

-if acorn, 3 rings  
-if delicata, 4 rings

### **4 Unit portion:**

-if acorn, 3 1/2 rings  
-if delicata, 5 rings

### **5 Unit portion:**

-if acorn, 4 1/2 rings  
-if delicata, 6 rings

