



Roasted Acorn Squash with Honey Tahini Sauce

Servings: 4

Prep: 5 minutes
Cook: 40 minutes

Recipe courtesy of
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What you'll need



measuring
spoons



measuring
cups



sheet pan

Ingredients

2 acorn squashes, de-seeded and sliced into thick wedges

Sea salt to taste

Turmeric to taste

Pepper to taste

Coconut oil spray

Sauce

½ cup tahini

1 lemon juice + zest

1 tsp honey

Sea salt to taste

Pepper to taste

½ cup warm water or more, to thin

Toppings

½ cup pistachios

½ cup pomegranate seeds

½ cup fresh mint leaves

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Instructions

1. Preheat the oven to 400° F.
2. Spray acorn squash wedges with coconut oil, then sprinkle with salt, pepper, and turmeric. Roast on a sheet pan for 35-40 minutes, until the tops and edges become a little crispy.
3. Meanwhile, whisk together all sauce ingredients.
4. Once the squash is roasted, drizzle with sauce and top with pistachios, pomegranate, and mint.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories 338

% Daily Value

Total Fat 20.4g 26%

Saturated Fat 2.9g 14%

Cholesterol 0mg 0%

Sodium 124mg 5%

Total Carbohydrate 35.2g 13%

Dietary Fiber 8.7g 31%

Sugars 2.5g

Protein 9.1g

Vitamin D 0mcg 0%

Calcium 237mg 18%

Iron 6mg 34%

Potassium 1037mg 22%