

## Roasted Garlic Mashed Acorn Squash

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Prep time: 10 minutes

Cook time: 1 hour

Yield: 4 servings



### Ingredients:

- 1 medium-large acorn squash, halved & deseeded
- 1 whole garlic bulb
- 3 Tbsp extra virgin olive oil & more for drizzling
- 2 Tbsp fresh sage leaves, finely chopped
- 2 Tbsp grated parmesan or nutritional yeast
- Salt & fresh black pepper

### Steps:

1. Preheat oven to 400° F.
2. Cut off the top of the garlic bulb, so the cloves are exposed. Place bulb on aluminum foil & drizzle with olive oil. Loosely wrap the garlic in the foil & set aside.
3. Place squash halves on a large baking sheet lined with parchment paper. Drizzle with olive oil. Flip squash halves cut side down. Add the foil-wrapped garlic to the baking sheet. Bake for 40-60 minutes, or until squash is soft and can be pierced through with a fork.
4. In a large bowl, add the scraped flesh of the squash, garlic squeezed out of its roasted skin, 3 Tbsp of olive oil, sage, parmesan, salt & pepper. Mash with a potato masher & stir together until smooth.
5. Serve warm and optionally top with pumpkin seeds, a drizzle of maple syrup, or more chopped sage.