

Parmesan Herb Roasted Acorn Squash: A Cozy Fall Favorite

Parmesan Herb Roasted Acorn Squash: Savory, Cheesy, and Perfectly Golden



OVEN
400°F

TIME
30 min

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INGREDIENTS

- 1 large acorn squash
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried thyme (or rosemary, oregano, or Italian herb mix)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped fresh parsley (for garnish, optional)

DIRECTIONS

- 1.** Prep the Oven and Pan: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper or foil for easy cleanup.
- 2.** Slice the Squash: Cut the acorn squash in half lengthwise and scoop out the seeds. Slice each half into 1-inch thick wedges.
- 3.** Season the Squash: In a large bowl, toss the squash with olive oil, minced garlic, herbs, salt, pepper, and half of the Parmesan until well coated.
- 4.** Roast: Arrange the squash wedges in a single layer on the baking sheet. Roast for 25-30 minutes, flipping halfway through to ensure even browning.
- 5.** Add Cheese: Sprinkle the remaining Parmesan over the squash during the last 5 minutes of roasting for a delicious cheesy finish.
- 6.** Serve: Transfer to a serving platter, garnish with fresh parsley, and enjoy warm.

SWAPS & NOTES

and Swaps Herbs : Thyme is a classic choice, but rosemary or an Italian herb blend brings even more aroma.

Cheese : Freshly grated Parmesan melts and crisps better than the pre-packaged kind.

Oil : Avocado oil works well as a neutral substitute.

Squash Tip : Microwave your squash for a minute or two to make slicing easier.

TIPS FOR SUCCESS

Flip wedges carefully to keep them intact and ensure even roasting.

Don't overcrowd the pan -space equals crispiness!

Roast skin-on -acorn squash skin becomes tender and totally edible.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/parmesan-herb-roasted-acorn-squash-a-cozy-fall-favorite/>