

Roasted Winter Squash with Parmesan Cheese

This recipe works best with squash that does not need to be peeled.

Ingredients:

15 lbs. Acorn, Sweet Dumpling, or Carnival Squash (local)
¾ cup Grated Parmesan Cheese
4 Tbsp. Olive Oil
Pinch of Salt

Materials:

Sharp Chef's Knife
Cutting board
Baking pans (2-3)
Parchment paper
2 bowls (one for cut squash, one for the seeds & discarded pieces)



Directions:

Heat oven to 425°F. Prepare baking pan with cooking spray and line with parchment paper.

Prep: (photos of the prep process are at: tiny.cc/SquashPrep)

1. Shave a thin piece off of the side of a squash, and use this as your base so that the squash doesn't slide around while cutting.
2. Trim off both ends, cut in half, and scoop out seeds. Discard ends and seeds.
3. Trim any other areas of spots or dullness from the squash and discard.
4. Place these halves in a container, and repeat the last 3 steps until all squash are ready to be cooked. If preparing ahead, these containers can be stored for 2 days in the refrigerator.

Cook:

5. Slice the halves into ¾ inch-thick half-moons.
6. Place the half moons into a bowl and toss with the olive oil to coat.
7. Spread squash in a single layer on the baking pan.
8. Bake for 20-25 minutes until tender.
9. Remove pans from oven and sprinkle grated Parmesan cheese evenly over the slices.
10. Bake for another 5-7 minutes until edges are beginning to brown. Remove.
11. Serve hot as an addition to a salad or a vegetable side dish.

Presentation (Optional):

Garnish with chopped fresh parsley.

Find more recipes using Michigan-grown foods from the Dexter Farm to School program at: <http://dexterfarmtoschool.org/recipes/>