

Curry Roasted Acorn Squash

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-vegetable-curry-side-dish-recipe>

Ingredients:

- 1 acorn squash halved, deseeded, and sliced just under 1/2-inch thick with the skin on
- 2 tablespoons olive oil
- 1 teaspoon curry power
- 1/2 teaspoon garam masala
- salt
- pepper
- 2 tablespoons fresh parsley coarsely chopped
- 2 tablespoons plain greek yogurt
- 2 tablespoons pomegranate seeds fresh

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 28 grams
3. Fat: 14 grams
4. Fiber: 7 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 400 milligrams
8. Sugar: 2 grams

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