

Thanksgiving Twice Baked Delicata Squash

Yield: 10 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/delicata-squash-with-cookies-thanksgiving-recipe>

Ingredients:

- 6 delicata squash
- 1 tablespoon ghee
- 1 tablespoon fresh thyme minced
- 1 tablespoon fresh rosemary minced
- 1 tablespoon fresh sage minced, + some sage leaves for garnishing, optional
- sea salt hefty pinch of himalayan
- 1 pinch black pepper
- 1 egg
- 2 ounces goat cheese **, crumbled

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 25 milligrams
4. Fat: 3.5 grams
5. Fiber: 7 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 120 milligrams
9. Sugar: 14 grams

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