

# Mark's Kitchen

drhyman.com

## Acorn Squash with Lemon Parsley Nut Butter Drizzle

Serves 4 as a side

Ready in: 45 min

September 22, 2016 officially marks the start of autumn! As our thoughts turn to cooler weather, fall sports and shorter days, it's time to start cooking hearty, warm meals. This recipe from my friend Amie Valpone of [The Healthy Apple](#) features one of my favorite starchy veggies. Acorn squash is not only delicious, but also filled with vitamins and nutrients like Vitamin C. This is a simple yet beautiful side dish that will impress everyone at the table.

### Ingredients

- 1 large acorn squash
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon sea salt
- 2 tablespoons almond butter
- Juice of 1 small lemon
- Pinch chili powder
- 1 tablespoon finely chopped fresh parsley, plus more for garnish (optional)
- 1 small pear, cored and thinly sliced or roughly chopped
- 1/2 cup chopped green or purple cabbage
- 4 tablespoons raw walnuts, roughly chopped
- 1 tablespoon diced red onion (about 1/4 of a medium onion)
- 1 teaspoon sesame seeds
- 2 large fresh basil leaves, finely chopped
- ¼ teaspoon freshly ground black pepper

1. Preheat oven to 400° F.

2. Slice the acorn squash in half. Remove and discard the seeds. Drizzle the squash halves with the olive oil and sprinkle with the salt and pepper. Place on a baking sheet face up and roast in the oven for 25-30 minutes or until the squash is fork tender.
3. Remove from the oven and set aside to cool for 15 minutes, and then slice each half into 1 inch wedges. Remove the skin from each wedge and peel the squash,
4. Arrange the squash wedges on their sides in the center of a large shallow serving bowl.
5. To make the nut butter dressing: In a small bowl, whisk the nut butter, lemon juice, chili powder and parsley until well combined. Add a little bit of warm filtered water, if needed, to thin out the dressing to the desired consistency. Whisk well until the dressing is creamy. Set aside.
6. Add the pear, greens, walnuts and red onion on top of the roasted squash wedges and drizzle with the dressing. Garnish with the remaining parsley (if using), sesame seeds and chopped basil. Season to taste with additional salt and pepper. Serve warm.

Nutritional Analysis: Calories: 238 • Fat: 63 g • Protein: 4 g • Carbohydrates: 21 g • Sodium: 164 mg