



Roasted Honey Nut Squash

Ingredients

- 4 Honey nut squash
- 2 tablespoons butter, melted
- 1 tablespoon white miso paste
- 1 tablespoon maple syrup
- 2 teaspoons rice wine vinegar
- 2 tablespoons chopped parsley
- 1 teaspoon sesame seeds

Instructions

1. Preheat the oven to 425 degrees F.
2. Wash the squash and then halve them. Scoop out the seeds and any stringy flesh. Place the squash skin side down on a parchment-lined baking sheet.
3. Combine the melted butter, miso, maple syrup, and vinegar. Whisk till combined. Brush the butter mixture over the squash.
4. Roast the squash for 25 minutes or until fork-tender.
5. Remove the squash from the oven and top with the chopped parsley and sesame seeds. Serve immediately.