

PATTY PAN WEDGES

Time: 30 minutes

Serves: 4

Ingredients:

2 pounds patty pan squash – stems removed and cut into wedges
2 tablespoons extra-virgin olive oil
2 cloves garlic – very finely chopped or crushed
2 teaspoons fresh rosemary – finely chopped
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper

Preparation:

Preheat your oven to 450F.

Place the squash wedges into an appropriately sized bowl.

In a small bowl, mix the remaining ingredients. Drizzle the oil mixture over the squash and toss to coat evenly.

Place the wedges on a baking sheet and roast for twenty minutes, turning the wedges over after ten minutes.

Remove the wedges from the oven and serve.

Nutritional Information Per Serving:

Calories: 103
Fat: 8g
Carbs: 9g
Fibre: 4g
Protein: 2g