

Acorn Squash Breakfast Bowl

Serves: 2

Ingredients:

1 Acorn Squash, halved and seeded
1 small Onion, diced
8 ounces Mushrooms, diced
10 ounces Cherry Tomatoes, whole
1 teaspoon Extra Virgin Olive Oil
½ teaspoon Salt
½ teaspoon Pepper
½ teaspoon Thyme
½ teaspoon Garlic Powder
¼ teaspoon Cumin
2 Eggs
1 teaspoon Butter

Equipment Needed:

Large bowl
Knife
Cutting Board
Baking Sheet
Parchment Paper
Spoon
Basting Brush
Non-stick Skillet

Directions:

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.

In a large bowl, add all of the seasonings (salt, pepper, thyme, garlic, cumin), all of the vegetables (onions, mushrooms, tomatoes), and 1 teaspoon of oil. Stir together until well coated. Dump the contents of the bowl onto ½ of the parchment-lined baking sheet.

Use a basting brush to collect all the leftover oil and spices from the bowl and use it to rub the squash flesh all over. Place the squash halves, cut-sides down, on the other 1/2 lined baking sheet. Roast the squash and vegetables together for 30 minutes.

While the squash is roasting...

Use a non-stick skillet to cook 2 eggs sunny-side up in 1 teaspoon of butter.

Remove the squash from the oven and top each half with an assortment of the roasted vegetables. Top each half of the squash with one sunny-side up egg. Serve & Enjoy!



A Pound of Cure
Dr. Matthew Weiner