

# Roasted Yellow Squash

PREP TIME: 10 MIN | COOK TIME: 15 MIN | SERVINGS: 4

## INGREDIENTS:

- 2 medium yellow squash, cut into 1/2 inch rounds
- 1 Tbsp cooking oil
- 3 Tbsp grated parmesan cheese
- Salt and pepper, to taste
- Optional: chopped fresh herbs (ex: parsley, thyme)

## RECIPE NOTES:

- If you don't have access to an oven, you can either cook the squash in a pan or use a toaster oven/air fryer.
- Sub gluten-free parmesan OR nutritional yeast. If using nutritional yeast, sprinkle on after finished cooking.

## DIRECTIONS:

- Preheat oven to 400F.
- Place squash in a large bowl. Drizzle oil over them and season with salt and pepper to taste. Toss until evenly coated.
- Arrange squash in a singular layer on a baking sheet. Sprinkle parmesan cheese over top.
- Roast in the oven for 12-14 minutes or until squash is tender and golden brown.
- Garnish with herbs if desired and serve immediately.



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