

Slow Cooker Rosemary Acorn Squash

- 1 acorn squash or more
- ½ cup liquid (vegetable broth or water)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Himalayan sea salt
- 1 teaspoon fresh ground pepper
- 3 tablespoons fresh rosemary leaves chopped
- 3 garlic cloves



1. Cut acorn squash in half. Using a spoon, scoop out seeds and discard. Cut eat half into 4 slices.
2. Pour liquid of choice (water or vegetable broth) into slow cooker. Place squash slices, flesh side up, in slow cooker.
3. Drizzle olive oil and then balsamic vinegar over squash pieces. Sprinkle with salt and pepper. Using a garlic press, mince garlic cloves over squash. Lastly, sprinkle with chopped rosemary.
4. Put cover on slow cooker and cook on low for 7-8 hours (or 4 hours on high). Remove and drizzle with cooking liquid left in slow cooker. Serve and enjoy!

Serving Size = 1 cup