



# SQUASH EGG IN A HOLE

September 7

National Acorn Squash Day



## INGREDIENTS

- 2.1 Pounds Acorn Squash (medium)
- 1 Tablespoon Olive Oil
- ¼ Teaspoon Smoked Paprika
- ¼ Teaspoon Kosher Salt
- Black Pepper
- 6 Eggs
- Everything Bagel Seasoning Blend

## DIRECTIONS

1. Preheat oven to 425°. Spray a large sheetpan with nonstick cooking spray or line with parchment.
2. Cut the base and stem ends off the acorn squash, then cut the squash in half crosswise and scoop out the seeds.
3. Carefully cut each half into 3 rings, about 1-inch thick (you should have 6 squash rings total).
4. Drizzle squash with the olive oil and use your hands to coat the squash. Sprinkle with smoked paprika, salt and a few grinds of black pepper.
5. Transfer pan to oven and roast for 15 minutes, or until the squash is just fork tender (not super soft).
6. Remove pan from oven and crack an egg into each squash ring. Transfer pan back to oven and continue to roast for 7-9 minutes, or until egg whites are just set. Sprinkle to taste with bagel seasoning (or salt and pepper).

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Breakfast

## YIELD

6 Eggs In A Hole

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Egg In A Hole	2 Eggs In A Hole	2 Eggs In A Hole	2 Eggs In A Hole