

# Lemon Tarragon Squash Slices

78 cal - 8.9g net carbs per serving

(779 cal - 89g net carbs in total recipe)

Servings: 10 (about 2-3 slices)



Low Carbe Diem

[go HOME](#)

1 med butternut squash (about 3 lb), peeled and sliced 1/2 inch thick

3 tbsp lemon juice

1 tsp lemon zest, grated

3 tbsp olive oil

2 cloves garlic, minced

2 tsp fresh tarragon, minced

sea salt and pepper, to taste

## DIRECTIONS

Preheat oven to 425 F. Place squash in a greased, shallow roasting pan.

Whisk together in a small bowl: lemon juice and zest, olive oil, garlic, tarragon, salt and pepper.

Drizzle the mixture over the squash, tossing until well-coated.

Roast 20 to 25 minutes until tender. Toss or flip squash midway if necessary.

Garnish with additional thyme and lemon zest.

Total Recipe: 779 Calories; 41g Fat (47.3% calories from fat); 10g Protein; 108g Carbohydrate; 19g Fiber.

Per Serving: 78 Calories; 4.1g Fat (47.3% calories from fat); 1g Protein; 10.8g Carbohydrate; 1.9g Fiber.