

ROASTED DELICATA SQUASH

This dish uses few ingredients but provides a delicious and nutritious side dish that is perfect during the colder months. You do not need to peel delicate squash before roasting it. You do, however, need a sturdy knife and cutting board to slice the ends off and to slice it in half lengthwise.

Yield: 2 servings

Ingredients

- 1 large **delicata squash**, ends trimmed, halved lengthwise, and seeded
- 1 Tbsp **olive oil**
- 1/2 tsp **salt**
- **Cayenne pepper**, to taste (optional)

Instructions

1. Preheat oven to 450°. Line a rimmed baking sheet with parchment paper or evenly spray a rimmed baking sheet with non-stick cooking spray.
2. Place squash cut side down on a cutting board. Slice into 3/8-inch slices. (There is no need to peel the skin off the squash.) Transfer slices into a large bowl. Drizzle with olive oil. Add salt and cayenne pepper to taste. Toss to coat squash evenly with the oil.
3. Arrange squash in a single layer on the prepared baking sheet. Place in preheated oven until bottom of squash is browned and squash is fork tender, about 12-18 minutes. Serve warm or at room temperature.

Per Serving Calories 180, Carbohydrates 31 g, Protein 2.5 g, Sodium 586 mg

This recipe was adapted from AllRecipes.com

