

# Roasted Delicata Squash

HolisticQ signature recipe

Sweet and delicious! A perfect side for Steak or Fish! Delicata squash is a variety of winter squash with cream-colored cylindrical fruits striped green or orange. As its name suggests, it has a delicate edible rind.

Ingredients: All Organic

2 Delicata squash approx. 10 " in length

1/3 cup oil (we used grapeseed oil)

salt and pepper to taste

Under running water, scrub the Delicata very well due to the fact you will be eating the outer rind.

Preheat oven to 400°

Cut lengthwise and scoop out the seeds. Next, place the cut side down and slice in 3/4 inch slices. In a large bowl, add cut Delicata, oil, salt, and pepper. Toss until well coated.

Roast in single layer using a cookie sheet lined with parchment paper for 15 minutes, turning and roasting on the other side for another 10 - 15 minutes.

Done and enjoy!