

Herby Roasted Delicata Squash

4 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Trim the ends of the squash and cut into 1/2-inch rings. Use a spoon to scoop out the seeds.
3. Add the squash rings to the baking sheet with the oil, poultry seasoning, and salt. Mix to combine. Ensure the squash is spread out in an even layer.
4. Cook for 20 to 25 minutes or until golden brown and fork-tender. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

No Poultry Seasoning

Use cinnamon or another seasoning of choice.

Ingredients

- 1 Delicata Squash (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Poultry Seasoning
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	146	Cholesterol	0mg
Fat	9g	Sodium	202mg
Carbs	17g	Vitamin A	604IU
Fiber	2g	Vitamin C	16mg
Sugar	0g	Calcium	77mg
Protein	1g	Iron	2mg