

Delicately Roasted Delicata Squash

You can make this recipe with delicata, acorn or kabocha all taste fantastic.

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Serves: 4

Ingredients

- 2-3 delicata squash
- 1 tablespoon canola oil
- salt and pepper to taste

Instructions

1. preheat oven to 425 degrees
2. wash delicata squash thoroughly and cut in half
3. scoop out seeds, I like to use an ice cream scooper
4. cut squash into 1/2-1 inch pieces and season with oil and salt



- 5.
6. bake in oven for 25-30 minutes until brown turning half way through, add more salt as desired.
7. DONE! super easy

Nutrition Information

Serving size: 1 cup Calories: 75 Fat: 4 Saturated fat: 0 Trans fat: 0 Carbohydrates: 12 Fiber: 9 Protein: 2.3
Cholesterol: 0

Recipe by MyRD Nutritionist at <http://myrdn.com/delicately-roasted-delicata-acorn-squash/>

