

Roasted Delicata Squash

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Delicata Squash
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	146	Iron	2mg
Fat	7g	Vitamin D	0IU
Carbs	22g	Folate	37µg
Fiber	3g	Magnesium	69mg
Protein	2g	Zinc	0mg
Vitamin C	24mg		

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with foil.
- 02 Trim the ends and peel the rind of the squash. Then cut into 1/2-inch rings. Use a spoon to scoop out the seeds.
- 03 Coat the squash with olive oil and season with salt. Bake for 20 minutes.
- 04 Remove from the oven and enjoy!

NOTES

RECIPE ID 326

SERVING SIZE

One serving is equal to half the squash.

MORE FLAVOR

Season with your favorite herbs and spices like oregano, cinnamon or paprika.