



Roasted Delicata Squash

4 servings
20 minutes

Ingredients

2 Delicata Squash
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt

Directions

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

Notes

Leftovers, Store in an airtight container in the fridge for 3 to 4 days.

Serving Size, One serving is equal to half the squash.

More Flavor, Season with your favorite herbs and spices like oregano, chili powder, cinnamon or paprika.