

Roasted Delicata Squash

3 ingredients · 20 minutes · 2 servings



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.

Ingredients

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