

Roasted Delicata Smiles

Prep Time: 10 min

Cook Time: 20 min

Servings: 4



This creamy, sweet squash is absolutely delicious, and easy to make because you can eat the skin! Delicata squash is nutritious and a great source of potassium. Add this to a kale salad, eat it as a tasty side dish, or add protein by making stuffed delicata with ground turkey, sausage or beans, rice and your favorite add-ons!

Ingredients

- 2 delicata squash
- 3 Tbsp oil
- salt & pepper, to taste
- cinnamon (optional)

Steps

1. Preheat oven to 375°F.
2. Cut squash in half lengthwise. Scoop out seeds. Place squash open side down on cutting board and cut into 1/2 inch slices to make smiles.
3. Place smiles in a bowl. Drizzle with oil, season with salt & pepper and toss until evenly coated.
4. Place on baking sheet, sprinkle with cinnamon (if desired), and roast in oven for 15-20 minutes or until a fork goes through easily.
5. Serve and enjoy!