



Roasted Delicata Smiles

4 servings

INGREDIENTS

- 2 Delicata squash
- 3 Tbsp oil
- 2 Tbsp maple syrup
- Salt and pepper, to taste

DIRECTIONS

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 rounds.
3. Place rounds in a bowl. Add oil, maple syrup, salt (and pepper, if desired) and toss until evenly coated.
4. Place on baking sheet and roast in oven for 15 -20 minutes or until a fork goes through easily.
5. Serve and enjoy!
6. Optional: Can top with 1 tsp fresh thyme (removed from stems)



Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



Roasted Delicata Smiles

4 servings

INGREDIENTS

- 2 Delicata squash
- 3 Tbsp oil
- 2 Tbsp maple syrup
- Salt and pepper, to taste

DIRECTIONS

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 rounds.
3. Place rounds in a bowl. Add oil, maple syrup, salt (and pepper, if desired) and toss until evenly coated.
4. Place on baking sheet and roast in oven for 15 -20 minutes or until a fork goes through easily.
5. Serve and enjoy!
6. Optional: Can top with 1 tsp fresh thyme (removed from stems)



Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.