



Roasted Delicata Squash

Serving:

6

Type:

Side Dish, vegan, gluten-free, dairy free, kosher

Author:

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Notes:

Delicata squash is one of the easiest squash varieties to handle and prepare because the peel is edible. It's natural sweetness becomes more pronounced with roasting and the peel becomes delightfully crunchy if you give it enough time in the oven.

Ingredients:

Non-stick cooking spray (I like coconut oil)

2 delicata squash (about 2.5 pounds)

2 Tb. olive oil

2 tsp. All Shuk Up spice blend© via Meet My Kneads, or ras al hanout
Middle Eastern spice blend (NY Shuk)

1/2 tsp. salt

cracked black pepper

2 Tb. sesame seeds (optional)

Directions:

Pre-heat oven to 400 degrees F. Line sheet pan with parchment paper or foil and spray with non-stick cooking spray.

Scrub squash with a stiff brush and pat dry. Slice lengthwise and scoop out the seeds.

Place squash cut side down on a board and slice from one end to the other, into 1/4 inch half moons.

Put slices into a large bowl and toss with olive oil, spice blend, salt and pepper. Be sure all of the slices are liberally oiled and seasoned. Add another tablespoon of oil, if needed.

Arrange seasoned slices on prepared sheet pan and roast for 20-25 minutes, until lightly browned.

Remove pan from oven and sprinkle sesame seeds over the slices. Roast for another 6-8 minutes until seeds begin to turn golden.

Tips:

When roasting any vegetable, avoid crowding on the sheet pan. The air flow will ensure that they crisp up rather than steam.

See post, above, for other seasoning suggestions.