

Maple Roasted Delicata Squash

Ingredients:

3 medium delicata squash, halved lengthwise, seeded and cut to ¼ inch thick slices

2 medium red onions, halved lengthwise and cut into ½ inch rings

5 garlic cloves, peeled and smashed

4 fresh thyme sprigs

½ tsp red pepper flakes

3 TBSP olive oil

2 TBSP maple syrup

Kosher salt and black pepper to taste

Instructions

1. Preheat to 425 F.
2. Place squash, red onion, garlic, thyme and red pepper flakes in a large bowl. Drizzle with olive oil and maple syrup and sprinkle generously with salt and pepper. Toss to coat.
3. Spread vegetables evenly onto two large, rimmed baking sheets. Roast 15 minutes then toss, rotate and switch the pan positions and roast another 15 minutes or until tender and browned. Taste and season with more salt and pepper. Enjoy!

The Story Behind the Recipe

We have been making this recipe since 2016 and it gets a “Yum!” rating every time. The recipe was adapted from epicurious. You could definitely use any leftovers as the basis of the Hearty Fall Salad instead of butternut squash.