

Oven Roasted Delicata Squash



Tips:

1. **What is delicata squash?** Delicata squash, so named because of its delicate thin outer skin, is also called peanut, Bohemian, or sweet potato squash. Delicata squash is a late season or winter squash rich in fiber and vitamins A and C that is sweet potato-like in flavor, creamy in texture and can be eaten with its very thin skin on as shown above. (In the ingredients picture below, you can see how this

squash compares with butternut squash and acorn squash.)

2. Easy to make, easy to vary: This base recipe shows how to roast delicata squash as simply as possible. Just like any vegetable, this squash can be mixed with a variety of commonly found ingredients: cheese, other vegetables (tomatoes, mushrooms, peppers, and more), herbs, and meats to suit your tastes. As always, imagination your only limit!

Preparation Time: 5-7 minutes

Cooking Time: 35-45 minutes, depending on true oven temperature and size of cut squash pieces

Ingredients

(for 4 people as a side dish)

1 Large or 2 Smaller Delicata Squash (about 2 pounds total)

Olive Oil

Pinch of Salt



Equipment

Large Sharp (Chef's) Knife

Cutting Board

Tablespoon

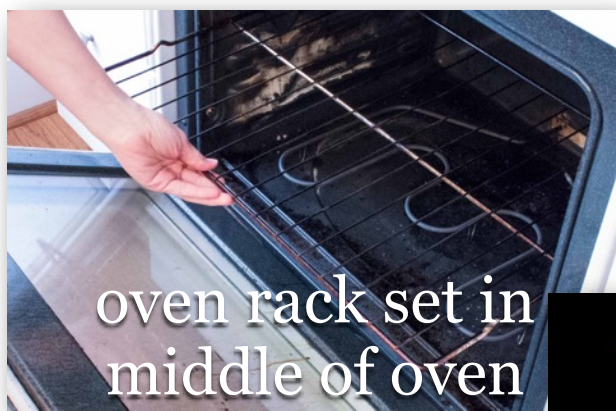
Baking Pan

Timer

Potholder or Folded Dishtowel



1. Make sure the oven rack is set in the middle of the oven, and preheat the oven to 350°F (177°C).



oven rack set in
middle of oven



2. Give the **squash** a good hand-scrubbing rinse with cold tap water.



3. Cut the **squash** in half lengthwise with 2 cuts. Start by driving the tip of a chef's knife into the middle of the **squash** and then pressing down and through half the **squash** with the heel of the knife. Turn the **squash** around on the cutting board and make the same cut again starting with the knife tip in the **squash** and then pressing down with the heel of the knife.



4. Scoop out the **squash seeds** with a tablespoon.



5. Cut each **squash half** into cross section pieces $\frac{1}{2}$ - $\frac{3}{4}$ inch (1.25 - 2 cm) wide.



6. Put the squash pieces on a baking pan and...



...add 1 tablespoon of olive oil and a pinch of salt.



7. Mix the squash pieces by hand until **all** the pieces are evenly coated with **oil** and **salt**. Then spread the squash pieces making sure that all the pieces are in contact with the pan surface.



8. Put the **squash** in the oven and roast for at least 35 minutes.



9. After 35 minutes, use a potholder or folded dishtowel to remove the baking pan from the oven, and check the **squash** for doneness. The **squash** is done when the **pieces** have softened and start to brown as shown in the picture below on the right.



NOTE: If your squash has not softened or started to brown, keep roasting at 10-minute intervals until it looks as shown above.

10. Scoop the freshly roasted delicata squash into a bowl and serve warm.

