

Roasted Delicata Squash Smiles

This recipe is so simple and you and your family are guaranteed to love the flavor of this sweet squash! Squash is an excellent source of vitamin A and also provides many minerals.

Makes: 8 Servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Source: fingerlakeseatSMARTNewYork.org
 recipes, roasted delicata squash smiles



Small Changes,
BIG Difference!

Ingredients

- 3 delicata squash (about 10/12 ounces per each squash)
- 1 ½ tablespoon vegetable oil
- 1 ½ tablespoon brown sugar
- Cooking spray for pan

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Coat a large baking sheet with cooking spray.
3. Cut off the ends of the squash. Stand each on a flat end and cut in half lengthwise. Remove seeds and stringy flesh with a metal spoon. Place the squash halves cut side down on the cutting board and cut into 1/2 inch slices (“smiles”).
4. Arrange the squash smiles on the prepared pan. Brush the squash with vegetable oil and sprinkle on the brown sugar, aiming to distribute these ingredients as evenly as possible on the squash.
5. Place in the oven and bake until the brown sugar is just melted and the smiles are just golden. This should take about 20 minutes in the oven.



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	74
Total Fat:	2.35 g
Saturated Fat:	0.37 g
Cholesterol:	0 mg
Sodium:	5.90 mg
Total Carbohydrates:	13.79 g
Dietary Fiber:	1.91 g
Total Sugars:	3.9 g
Added Sugars:	0 g
Protein	1.21 g

Utensils Needed

- Cooking spray
- Sharp knife and cutting board
- Measuring spoons
- Metal spoon
- Large baking sheet
- Basting brush or back of spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$5.31

Average cost/serving: \$1.77

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 3 to Cart

Delicata Squash (12 oz avg)

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Delicata Squash

- Delicata squash is another type of winter squash. It's usually available year-round but may cost less and taste better in the fall and winter.
- Choose squash that is firm and heavy for their size with dull skin. Avoid squash with soft spots or broken skin.
- Store whole squash in a cool, dark, dry place. If uncut, some varieties can last up to 3 months.
- Rinse squash under running water before peeling or cutting. Once cut, wrap tightly and store in the refrigerator for up to 1 week.
- Freeze cooked squash to use later. Pack recipe-sized amounts in airtight containers and use within 1 year.
- Canned winter squash is available year-round and might be the best buy if you only need a small amount. Some squash is available frozen.