



RECIPE CARD

PARMESAN ROASTED DELICATA SQUASH

Roasted Delicata Squash

Roasted delicata squash is buttery, nutty, and sweet. We love this recipe with garlic and parmesan.

Ingredients

1 medium **delicata squash**
2 teaspoons minced **garlic**
3 Tablespoons **melted butter** or **olive oil**
1/3 cup **grated parmesan cheese**
1/4 teaspoon **fine sea salt**
1/4 teaspoon **fresh ground black pepper**

Directions

1. Heat the oven to 425°F. Set a 13×9-inch baking dish aside. You can also use a rimmed baking sheet.
2. Cut the squash in half, lengthwise. Scoop out and discard the seeds. Cut each squash half into 3/4-inch-thick slices.
3. In a small bowl, stir together the melted butter and garlic.
4. Spread half of the melted butter and the garlic over the bottom of the baking dish. Then, sprinkle all but 2 tablespoons of the Parmesan cheese on top.
5. Arrange squash slices on top of the cheese. Drizzle the remaining butter mixture over the squash and use your fingers to spread it over each piece. Season with salt and pepper. Sprinkle the remaining cheese on top.
6. Roast the delicata squash for 20 to 30 minutes or until golden brown and tender. You might need to rotate the dish in the oven once during roasting to prevent the back bits of garlic from over-browning. If some cheese stays on the dish, it is easy to scrape up and serve sprinkled on top.



*Recipe adapted from
Inspired Taste*