

Roasted Delicata Squash

Delicata squash
1 tbsp olive oil
salt to taste

Preheat oven to 425 degrees.

With a sharp knife, cut delicata in half lengthwise. With a spoon scoop out the seeds and discard. Cut delicata half into 1/2 inch segments, creating moon-shaped pieces that have slight bumps around the curve.

Arrange the pieces in a single layer in a metal baking pan and coat in 1 tbsp olive oil. Salt gently. Try to maximize the surface area of the squash touching the pan. The browning only occurs where the squash and pan meet.

Place in oven and roast 10 minutes. Using a spatula turn the squash in the pan so that the light sides are now touching the pan and the brown sides are facing upward.

Continue roasting, turning every 7-10 minutes until both sides of the squash pieces are golden brown and the texture is creamy to the teeth all the way through, about 25-30 minutes.