

Brown Sugar Delicata Squash
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Servings: 4

Prep time: 10 minutes

Total time: 35 minutes

Cook time: 25 minutes

Ingredients

2-3 lbs. delicata squash (about 2 average sized squash)

2 tablespoons olive oil

2 tablespoons maple syrup

2 tablespoons brown sugar

salt and pepper to taste

1/4 teaspoon ground cinnamon or more to taste

Cooking spray

INSTRUCTIONS

1. Preheat the oven to 400 degrees. Halve the delicata squash lengthwise and remove the seeds. Cut the halves into 3/4-inch-thick slices.
2. Line a sheet pan with foil and coat with cooking spray.
3. In a small bowl mix together the olive oil, maple syrup, brown sugar, cinnamon and salt and pepper to taste.
4. Pour the olive oil mixture over the squash and toss to coat.
5. Bake for 20-30 minutes or until squash is tender and starting to brown. Serve immediately.