

Farm Market Recipe



Honey-Glazed Roasted Delicata Squash

Ingredients:

- 5 pounds delicata squash
- 4 shallots, quartered lengthwise
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon fine sea salt plus a pinch, divided
- ¼ teaspoon ground pepper
- ½ cup honey
- ½ cup cider vinegar
- ½ cup pomegranate seeds
- ¼ cup pine nuts, toasted
- ¼ cup fresh mint, finely chopped

Directions:

1. Position racks in upper and lower thirds of oven; preheat to 400 degrees F.
2. Halve squash lengthwise and scoop out the seeds. Cut crosswise into 1-inch-thick slices. Toss the squash slices and shallots with oil, ½ teaspoon salt and pepper in a large bowl. Divide between 2 large rimmed baking sheets.
3. Roast, turning each piece over and rotating the pans top to bottom halfway through, until the squash is tender and caramelized in spots, 30 to 40 minutes. Transfer the squash and shallots to a serving platter.
4. A few minutes before serving, combine honey, vinegar and a pinch of salt in a small saucepan; bring to a boil over high heat. Reduce heat to a lively simmer and cook, watching closely toward the end, until reduced to about ½ cup, 5 to 8 minutes. Immediately drizzle the syrup over the squash. Serve topped with pomegranate seeds, pine nuts and mint.

Tips:

Make Ahead Tip: Prepare through Step 3 and let stand at room temperature for up to 2 hours; just before serving, reheat, if desired, then finish with Step 4. Can also use acorn squash in place of delicata.

Nutrition Facts:

Servings: 12 Serving Size: 3-5 squash slices
Per Serving: calories 164; carbohydrates 30g; dietary fiber 3g; total sugars 16g; added sugar 12g; protein 2g; total fat 6g; saturated fat 1g; sodium 116mg; calcium 57mg; iron 2mg; magnesium 57mg; potassium 579mg