

Thyme Roasted Delicata Squash

Prep Time 10 mins
 Total Time 40 mins
 Meal Type Lunch,Dinner,Snack,Side
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 2 delicata squash, *halved and sliced, seeds removed*
- 1 Tbs olive oil
- 1 tsp dried thyme
- salt, *to taste*
- 1 pepper, *to taste*

Directions

Prep

1. Trim ends from squash and cut in half. Remove seeds with spoon [a grapefruit spoon is super handy here!]
2. Cut squash into half moons.
3. Preheat oven to 400°F.

Make

1. Toss squash with olive oil, thyme, and salt and pepper to taste.
2. Place on parchment-lined baking sheet and bake for about 30 minutes until browned.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 117 per serving		Total Fat 3.6g	5%	Total Carbohydrates 23g	7%
		Saturated Fat 0.5g	2%	Dietary Fiber 3g	13%
		Trans Fat 0.0g		Total Sugars 0g	
		Cholesterol 0mg	0%	Protein 2g	
	Sodium 7mg	0%	Vitamin D 0mcg 0% · Calcium 76mg 7% · Iron 2mg 10% · Potassium 750mg 15%		

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -