



Roasted Delicata with Mushrooms and Thyme

Oven roasted delicata squash with Crimini mushrooms and thyme

Yield: 6

- 1 lb Fresh Delicata Squash
- 10 oz Crimini Mushrooms
- 3 tbsp Olive Oil
- 2 tsp Minced Garlic Cloves
- 1 tbsp Minced Thyme
- 1/2 tsp Kosher Salt
- 1/4 tsp Ground Black Pepper

Preheat oven to 350F degrees. Wash delicata squash, cut in half lengthwise and scoop out seeds and discard. Slice 1/2" thick and place in a bowl. Remove stems from mushrooms and place caps in a bowl. Divide into each bowl olive oil, garlic, salt and pepper. Place the squash on pan and the mushrooms on another pan. Roast in the oven until tender, about 10-15 minutes. When cooked through, combine vegetables and toss with fresh thyme leaves.

Chef's Note: Delicata squash are so named because their skin is delicate enough to eat so no peeling necessary.



Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
93	1.7	7.5	7	1	0	200.2	2