

Roasted Delicata Squash & Onions

Serves 4

Ingredients:

- 2 pounds delicata squash (about 2 large)
- 1 medium red onion, sliced
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh rosemary
- 2 tablespoons maple syrup
- 1 tablespoon Dijon mustard

Preparation

Preheat oven to 425°F. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into 1/2-inch-thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet. Roast, stirring once or twice, until tender and beginning to brown, about 15 minutes. Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl.

Toss the vegetables with the dressing. Return to the oven for 5 minutes to caramelize the vegetables.

Easy cleanup: To save time and keep your baking sheet looking fresh, line it with a layer of foil before you bake.