RECIPE

Roasted Delicata Squash Rings

Skin-on delicata rings roasted in olive oil until browned and creamy, with smoked paprika and a squeeze of lemon, a plant-forward snack with no added sugar.

MAKES

4 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 4 cups delicata squash, seeds removed, skin on, cut into ½-inch rings or half-moons
- [ ] 1 tbsp olive oil
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] ½ tsp garlic powder
- [ ] ½ tsp smoked paprika
- [ ] 1 tbsp lemon juice, to finish

Method

1. Heat the oven to 425 °F. Line a baking sheet with parchment.
2. Wash the squash. Trim the ends, slice it into ½-inch rings and scoop out the seeds with a spoon. Leave the skin on; it softens as it roasts.
3. Toss the rings in a bowl with the olive oil, salt, pepper, garlic powder and smoked paprika until every piece shines.
4. Spread them in one layer, not touching. Roast 10 minutes, flip them, then roast 8 to 12 minutes more, until the cut sides are browned and a knife slides in with no push.
5. Sprinkle with the lemon juice and serve warm.