



Roasted Red Onions and Delicata Squash

Makes 6 servings

Ingredients

1 tablespoon unsalted butter, melted
1 tablespoon chopped fresh thyme
1 tablespoon honey
2 teaspoons olive oil
3 garlic cloves, sliced
2 (12-ounce) delicata squashes, halved lengthwise, seeded and cut into ½-inch slices

1 (1-pound) red onion, cut into 12 wedges
½ teaspoon salt, divided
½ teaspoon freshly ground black pepper, divided
Cooking spray
3 tablespoons chopped, fresh, flat-leaf parsley

Instructions

1. Place a baking sheet in oven. Preheat oven to 475 degrees (leave pan in oven).
2. Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with ¼ teaspoon salt and ¼ teaspoon pepper.
3. Carefully remove preheated pan from oven; coat pan with cooking spray.
4. Arrange vegetable mixture in a single layer on pan. Bake at 475 degrees for 20 minutes or until tender, turning once. Sprinkle with remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper and chopped parsley.

Nutrition Facts

Serving Size: 1 cup; Calories 120; Total Fat 3.6g; Saturated Fat 1.5g; Monounsaturated Fat 1.6g; Cholesterol 5mg; Sodium 205mg; Total Carbohydrates 22.7g; Dietary Fiber 3.2g; Protein 2g; Calcium 63mg; Iron 1.2mg

Recipe adapted from www.myrecipes.com

