

The Healthy Cook

Roasted Delicata

 SERVES 4

- 2 delicata squash, seeded
- 1 sliced red onion, thinly sliced
- 2 Tbs. olive oil
- ¼ cup pumpkin seeds, toasted

1. Cut the squash into half moons.
2. Toss with the red onion and olive oil.
3. Roast on a rimmed sheet pan at 450°F for 30 minutes.
4. Top with the pumpkin seeds.

