

# Delicata Squash with Agrodolce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 cup

Ingredients	Quantity	Measure
Delicata Squash (or Acorn or Butternut – See Notes), seeded and cut into ½ inch rounds or semi-rounds	8 (4-6)	Pounds (each)
Canola Oil	½	cup
Agave Syrup or Maple Syrup, divided	1	cup
Salt	1	tsp.
Black Pepper	1	tsp.
Fresno Chili or Jalapeno Chili, seeded and minced	2	each
White Wine Vinegar	1	cup
Lime Zest from whole Limes	2	each
Lime Juice	From	Zested Limes
Sage, dried	1	tsp.
Pumpkin Seeds (Pepitas), toasted	¼	cup

## Preparation

1. In a large bowl, toss the squash, oil, and ¼ cup of agave syrup together. Season with salt and pepper and place on an oiled sheet pan. Roast in the oven at 400 degrees for 10-12 minutes on the first side, then flip squash over and roast until tender, about another 8-10 minutes.
2. While the squash is roasting, place the remaining agave syrup, chilies, vinegar, and lime juice in a pot and bring to a boil then simmer until a thick syrup.
3. Remove the squash from the sheet pan and place in hotel pan for service. Pour syrup over the top and toss with lime zest. Sprinkle sage and pumpkin seeds over the top as garnish.

## Serving Information/Notes

This recipe works for most winter type squash. May need to peel the squash before roasting due to the thickness of the skin.

## Nutrition Information \*From USDA Nutrient Database

Calories: 293 Total Fat: 12.5g Saturated Fat: 1.2g Monounsaturated Fat: 6.6g Polyunsaturated Fat: 3.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 42g Fiber: 3.7g Total Sugars: 19.4g Protein: 2.8g Sodium: 202mg Vitamin A: 36µg Vitamin C: 30.6mg Calcium: 68mg Iron: 1.8mg Folate: 43µg