



DELICATA SQUASH

Makes 2 first course servings.

I love delicata squash with its creamy, sweet flavored, and an edible rind.

INGREDIENTS

- 1 delicata squash
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon maple syrup
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Preheat the oven to 400F.
2. Line a baking sheet with foil.
3. Rinse and pat dry the squash. With a serrated knife trim the ends and discard.
4. Cut the squash in half lengthwise, scoop out all the seeds and fibrous strings and cut the rest into ½ an inch wedges.
5. In a bowl combine the oil and maple syrup.
6. Place the wedges on the foil skin side up and brush with this mixture. Season lightly with salt and pepper.
7. Bake for 15 minutes, turn over and bake for another 5 minutes. The inside should be soft.
8. The skin is definitely edible.