

Delicata Squash



SEASONALITY



NUTRITIONAL PROPERTIES

Delicata squash is a good source of vitamin A, vitamin C, and fiber. It has a moderate amount of other vitamins and minerals. Seeds of delicata squash are edible and a fantastic source of fiber. To prepare them, scoop them from the interior of the squash. Clean off any residual squash, lightly cover with oil, sprinkle with salt and roast in the oven for 10-15 minutes.

STORAGE

Store in a cool, dry, and dark area around 55 ° F.
Lasts up to 3 months.

PRESERVATION

Delicata squash does not freeze as well as other squashes. However it can be cut ahead of time and sealed in a plastic bag for up to a week before cooking.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Cut the two ends of the squash off, and cut in half length wise.
3. Scoop out the seeds with a spoon.
4. Cut the squash into 1/2 inch slices.
5. Lightly oil a cookie sheet. Toss or coat the slices of squash with oil. Sprinkle with spices, salt, pepper.
6. Roast for 20-30 minutes.

Roasted delicata squash can be added to fall salads, soups, stir fries, or served as a side.

RECIPES FROM HOFFFA

with delicata squash

- Add delicata to Vegetable Stir Fry
- Add delicata to Three Sisters Fritters
- Tuna Cakes and Roasted Root Vegetables
- Holiday Roasted Squash

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