

Maple Sage Delicata Squash

Adapted from: [The Good Acre and Roseville Schools](#)

Description: Delicata squash is tasty! It has a similar consistency and color to butternut, but the flavor is much milder with an almost nutty taste. Give this recipe a try today!

Yield: 8

Serving Size: half cups

USDA Meal Components: ½ cup red/orange vegetable

Ingredients:

- 3 lbs. squash, winter, raw
- ¼ cup maple syrup
- 2 Tablespoons sage, fresh leaves
- 3 Tablespoons butter
- 2 Tablespoons olive oil
- ½ teaspoon salt

Directions:

Two days before menu day:

1. Rinse squash
2. Cut off stem end
3. Cut in half lengthwise and scoop out seeds

One day before menu day:

1. Slice squash into ½ inch to ¾ inch half moons

Day of menu:

1. Line sheet tray with parchment
2. Preheat the convection oven to 300 degrees F.
3. In a steam table pan, combine butter and chopped sage and heat in the oven until melted. Add maple syrup and return to the oven for 5 more minutes until fragrant. Set aside.

4. Turn the oven temperature up to 425 degrees F.
5. Toss squash slices with olive oil and salt and roast at 425 degrees F for 20 minutes.
6. Pour maple syrup-sage mixture evenly on top of squash; roast 10 minutes more until squash is brown and tender.

Notes:

The delicata squash shape is always oblong with distinct green stripes against a creamy yellow-orange colored skin. The skins are left on and can be eaten!

Nutrition Facts

8 Servings Per Recipe	Amount Per Serving
Serving Size	½ cup
Calories	159
Total Fat	7.9 g
Saturated Fat	3.2 g
Cholesterol	11.39 mg
Sodium	193.12 mg
Total Carbohydrate	22.7 g
Dietary Fiber	2.8 g
Protein	1.62 g

Filed Under: School