



It is a double-duty dish; it serves as a side, and the next day, the leftovers can be converted into a hearty salad or as a topping on pasta or pizza. The subtle woodsy and caramel flavors of the maple syrup complement the Delicata squash's creamy texture and sweet Butternut Squash-Sweet Potato flavor.

Quick and easy to prepare, Delicata or sweet potato squash has thinner edible skin, so you can skip the peeling; just cut it in half, remove seeds, and roast until fork tender.

Maple Glazed DELICATA SQUASH

INGREDIENT

2 Delicata squashes, halved lengthwise
Olive oil for brushing
Salt and freshly ground pepper to taste

3 tbsp/45 ml Maple syrup
2 tbsp/30 ml Plant-based butter, melted
Fresh sage leaves
¼ cup/60 ml toasted slivered almonds

METHOD:

Preheat oven to 375°F/190°C. Combine the melted plant-based butter and maple syrup in a small bowl and set aside. Cut both squashes lengthwise in half and scoop out the seeds. Brush the inside of the squash lightly with oil and season with salt and pepper. Place on a rimmed baking sheet cut side down. Roast for 20 minutes.

Liberally brush the partially baked squash with the maple syrup-butter mixture. Return to the oven and continue baking for 15-20 minutes or until soft to the touch. Remove from the oven and let rest for 5 minutes before slicing into equally sized portions. Drizzle the remaining maple butter mixture over the squash and garnish with fresh sage leaves and toasted slivered almonds.