

# ROASTED DELICATA *with* Squash Tomatoes



## INGREDIENTS

- 2 medium delicata squash, seeds removed and sliced into 1/4-inch thick 'moons'
- 1 cup grape or cherry tomatoes
- 1-1/2 Tbsp. ghee, melted (we recommend Pure Indian Foods Garlic Ghee)\*
- 1 medium shallot, thinly sliced (may substitute 1/3 cup thinly sliced red onion)
- Fresh thyme leaves (may substitute 1/4 tsp. dried thyme)
- Salt & Pepper

*\*May substitute 1/2 Tbsp bacon grease for part of the ghee*

### NUTRITION

SERVING SIZE: 1/4 RECIPE, CALORIES: 95, SUGAR: 4G, SODIUM: 75MG,  
FAT: 5G, CARBOHYDRATES: 15G, FIBER: 2, GPROTEIN: 2G

*Recipe from The Real Food Dietitians.*

## INSTRUCTIONS

- 1 Preheat oven to 400°F.
- 2 Line a large rimmed baking sheet with parchment paper.
- 3 Add squash slices, shallots and tomatoes to baking sheet. Toss with melted ghee (and bacon fat, if using).
- 4 Arrange vegetables in a single layer. Sprinkle with salt and pepper. Lay a few thyme sprigs (or sprinkle with dried thyme) on top of the vegetables and bake in preheated oven for 22-25 minutes, stirring the vegetables halfway through baking time, until tender and lightly browned.
- 5 Remove from the oven and serve



Recipe of the Month | OCT

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