

Roasted Delicata Squash with Cranberries & Goat Cheese

8 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the squash to a bowl along with the cranberries, oil, maple syrup, cinnamon, and sea salt.
3. Add the squash to the baking sheet and spread out into an even layer. Bake for 25 to 30 minutes or until the squash is fork tender. Remove from the oven and transfer to a serving bowl.
4. Top with goat cheese and pumpkin seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Make it Vegan

Omit the cheese entirely or use a dairy-free alternative.

Additional Toppings

Fresh herbs like parsley, rosemary, or sage.

No Frozen Cranberries

Use fresh instead.

Ingredients

2 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)

1 cup Frozen Cranberries (defrosted)

2 tbsps Extra Virgin Olive Oil

2 tbsps Maple Syrup

2 tsps Cinnamon

1/2 tsp Sea Salt

1/2 cup Goat Cheese

1/4 cup Pumpkin Seeds