

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Delicata Squash w/ Maple Balsamic Pomegranate Glaze**

Makes 5-7 servings

Prep time (including seeding the pomegranate): 1 hour

Total time: 1 hour

2 delicata squash (1½ pounds)

1 ½ tablespoons maple syrup (grade B)

1 ½ tablespoons balsamic vinegar

1 tablespoon olive oil

Salt and freshly ground pepper to taste

1 tablespoon pomegranate molasses

OR, if you do not have pomegranate molasses, add an additional ½ tablespoon each balsamic vinegar and maple syrup to the glaze in step 3.

### *Garnish*

½ cup fresh pomegranate seeds

1 tablespoon chopped fresh parsley

Coarse sea salt

1. Preheat the oven to 400 degrees. Line a baking pan with parchment paper.
2. Wash and dry the squash. Cut off the top and bottom of each squash. Slice into ¾-inch thick rounds. Use a sharp paring knife to cut or scrape out the seeds.
3. Combine the maple syrup, balsamic vinegar, olive oil, salt and pepper in a medium size mixing bowl. Add the squash and toss the rounds with the glaze. Lay the squash in a single layer on the prepared baking pan.
4. Roast the squash for 15 minutes. Remove the pan from the oven and turn the squash over.
5. Stir the pomegranate molasses into the glaze remaining in the bowl. Gently brush each round of squash with the remaining glaze, using all of it. Roast for another 15 minutes.
6. Serve the squash sprinkled with finely chopped parsley, pomegranate seeds and a little coarse salt.