

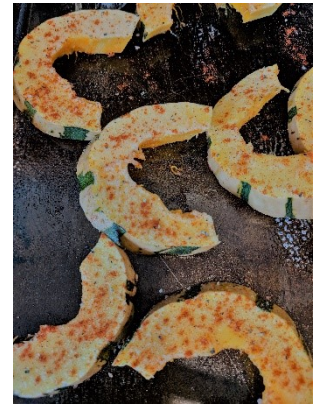
Simply Roasted Delicata Squash Slices

1 delicata squash

Canola or Olive Oil Spray

Smoked Paprika

Salt & Pepper



Preheat oven to 400 degrees.

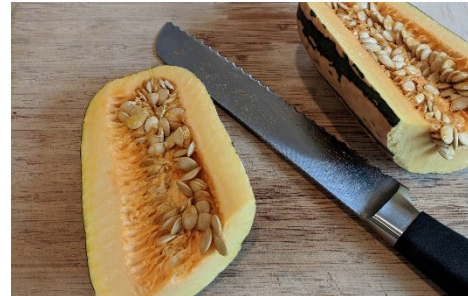
Wash delicata and slice in half lengthwise (do NOT peel).

Scoop out seeds. Slice delicata into ¼ inch strips.

Lay flat on a baking sheet and spray lightly with cooking oil.

Add spices to taste. Roast about 15 minutes or until soft.

Enjoy hot or cold as a snack or side-dish.



Nutrition per 1 cup of Slices: 40 calories; 2g Fat; 1g Protein; 4g Carbs; 1g Fiber; 100mg Sodium

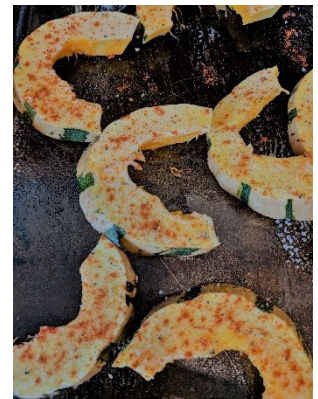
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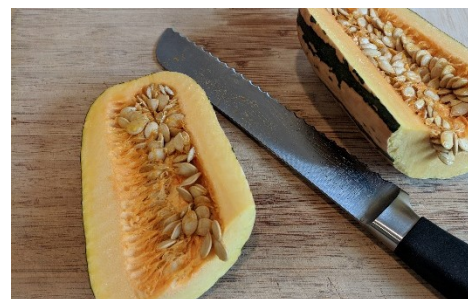
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