

Roasted Red Onions and Delicata Squash

Thin-skinned delicata squash has an edible peel, helping this side come together quickly.

Adapted from Cooking Light OCTOBER 2013

- **Yield:** Serves 6 (serving size: about 1 cup)
- **Hands-on:** 5 Minutes
- **Total:** 30 Minutes

Ingredients

- 1 tablespoon unsalted butter, melted
- 1 tablespoon chopped fresh thyme
- 1 tablespoon honey
- 2 teaspoons olive oil
- 3 garlic cloves, sliced
- 2 (12-ounce) delicata squashes, halved lengthwise, seeded, and cut into 1/2-inch slices

- 1 (1-pound) red onion, cut into 12 wedges
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/2 lb. grape tomatoes, cut in half
- Cooking spray
- 3 tablespoons chopped fresh flat-leaf parsley

Preparation

1. Place a baking sheet in oven. Preheat oven to 475° (leave pan in oven).

2. Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper. Carefully remove preheated pan from oven; coat pan with cooking spray. Arrange vegetable mixture in a single layer on pan. Bake at 475° for 20 minutes or until tender, **turning once**. Add tomatoes when turning. Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and chopped parsley.