

Side

Roasted Delicata Squash Salad

15 Mins
Prep Time

30 Mins
Cook Time

4
Servings

247 Calories **17g Fat** **19g Carbs** **9g Protein**



Ingredients

4 Servings **45 Mins Total Time** **Allergens: Dairy**

2 Large Delicata Squash, halved lengthwise, seeded and cut into ½ inch-thick half moons 🍴

2 Tbsp Extra Virgin Olive Oil

Salt and Pepper

½ Small Red Onion, sliced very thinly

½ Cup Crumbled Feta Cheese

½ Cup Fresh Mint Leaves

1 Lime, juiced

⅓ Cup Pomegranate Seeds 🍴

Allergen Swap

Dairy Omit feta cheese or use a dairy-free cheese variety.

Nourishment Note



🍴 Squash

Delicata squash is an excellent source of vitamins A and C. Both vitamins A and C are antioxidants which can help to prevent damage to healthy cells and lower inflammation.



🍴 Pomegranate Seeds

Pomegranate seeds pack a powerful antioxidant punch and have notable anti-inflammatory effects. Both of which are important for those with asthma.

Instructions

1. Preheat Oven

Heat oven to 425 °F. Line a baking sheet with parchment paper and set aside.

2. Roast Squash

Place squash in a large bowl and drizzle with olive oil and a generous sprinkle of salt and pepper. Mix to evenly coat the squash. Arrange the squash into a single layer on to the prepared baking sheet and roast for approximately 30 minutes, or until tender and caramelized.

3. Toss Salad

Toss onion, feta, mint, lime juice and pomegranate seeds into a large bowl. Top with cooled squash and gently toss to combine. Finish dish with a drizzle of olive oil and a sprinkle of salt. Serve and enjoy!

Recipe adapted from joanne-eatswellwithothers.com

What You'll Need



Knife



Cutting Board



Spoon



Baking Sheet



Parchment Paper



Measuring Spoons



Measuring Cups



Large Bowls (2)

Breathe Better Food Tip

- Gas Causing Foods: Omit onion.
- Salicylates: Omit mint.
- Sulfites: Use fresh lime juice for this dish. Bottled lime juice may contain sulfites.