

Roast it to Perfection: Winter Squash

Roasting winter squash is a great way to bring out its natural sweetness and create a delicious side dish or base for various recipes. Here's how you can do it:

Ingredients



Winter squash (such as butternut, acorn, or kabocha)

Olive oil

Salt and pepper

Optional seasonings: herbs (like rosemary, thyme), spices (like cinnamon, nutmeg), brown sugar, or maple syrup

Try this: 1 teaspoon chopped fresh rosemary,
2 tablespoons maple syrup

Directions

1. Preheat your oven to around 400°F (200°C).
2. Wash the squash thoroughly. If you're working with butternut squash, peel it using a vegetable peeler. For other squash types like acorn or kabocha, you can leave the skin on or peel it based on your preference.
3. Cut the squash in half lengthwise. If the squash is large, you may want to scoop out the seeds and stringy bits from the center using a spoon. You can save the seeds for roasting if you like.
4. Slice the squash halves into wedges or chunks, about 1 to 1.5 inches wide. Uniform sizes will ensure even roasting.
5. In a large bowl, toss the squash slices with olive oil to coat them evenly. This will help achieve that lovely roasted texture.
6. Season with salt and pepper. You can also add optional seasonings like chopped herbs (rosemary, thyme), spices (cinnamon, nutmeg), a touch of brown sugar, or a drizzle of maple syrup for added flavor.
7. Roasting: Spread the seasoned squash on a baking sheet in a single layer. If the squash is crowded, use two baking sheets to ensure even roasting. Roast in the preheated oven for about 25-35 minutes, turning the slices over halfway through the cooking time. The squash should be tender and have caramelized edges.
8. Test the squash for doneness by inserting a fork or knife into the thickest part. It should go through easily without much resistance.
9. Once out of the oven, you can drizzle a bit of additional olive oil or any other finishing touches you desire. Let the roasted squash cool slightly before serving.