

Parmesan-Crusted Delicata Squash

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Servings: 8

3 medium (2 pounds total) delicata squash, cut lengthwise in half, seeded and sliced into 1/4-inch-thick quarter-moons

1 medium onion, cut in half and then into thin slices

2 tablespoons olive oil

salt

freshly ground black pepper

3 tablespoons Parmigiano-Reggiano cheese, freshly grated

Preheat the oven to 375 degrees.

Line a 12x17-inch rimmed baking sheet with heavy-duty aluminum foil. Grease the foil with nonstick cooking oil spray.

Arrange the squash and onion slices on the baking sheet. Drizzle the oil over them. Season with salt and pepper to taste, mixing the squash and onion gently with your hands to coat evenly. Rearrange so the slices are loosely, evenly layered.

Roast for 35 to 40 minutes, until they are soft but not falling apart. (If you are using two smaller pans, keep a close eye on the slices, which might cook faster if they are spread in a single layer in those pans.)

Sprinkle the cheese evenly over the roasted squash and onion, then roast for 5 minutes so the cheese melts/softens.

Use a spatula to transfer to a platter or individual plates.

Serve warm or at room temperature.

Per Serving (excluding unknown items): 39 Calories; 3g Fat (76.3% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.