



Slow-Cooked Winter Squash

(ADAPTED FROM CLAIRE SAFFITZ, BON APPETIT – “HEALTHYISH”)



Yield: Makes 6 servings

Ingredients

- 1 lb of winter squash, sliced in halved rings (butternut, acorn, or delicata squash would work well)
- ½ head garlic, cut horizontally across
- 2 sprigs sage
- 2 sprigs thyme
- ½ cup olive oil
- ¾ tsp salt
- 1 tbs white wine vinegar

Instructions

Place a rack in the middle of oven and preheat to 350°. Toss squash, garlic, sage, thyme, oil and salt in a shallow 2-quart baking dish. Make sure to oil and salt is evenly distributed.

Turn garlic cut side down.

Roast vegetables, tossing 2-3 times, until golden brown and edges are crisp, ~60-70 minutes.

More recipes at phfgive.org/food

Brought to you by  PH Foundation

Slow-Cooked Winter Squash

Description

This recipe is simple and nourishing comfort food at its best. The sage and thyme create notes similar to a Thanksgiving stuffing and winter squash tastes extra sweet when roasted. Depending what type of winter squash is used, the texture can be almost creamy. Regardless of which winter squash you choose, this dish will be deliciously rich and full of antioxidants. Enjoy!



Farmers Market Finds

- Winter Squash
- Fresh Sage
- Fresh Thyme
- Fresh Garlic



Grocery Store Grabs

- Olive Oil
- White Wine Vinegar
- Salt & Pepper

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pldl.org/biblio-bistro.

Substitutes

Could use rosemary in place of sage and/or thyme.

Could use apple cider vinegar or white balsamic vinegar in place of red wine vinegar.

Pairs with

This sweet and rich dish would work well with chicken or white beans marinated in a garlic and honey sauce. A fresh green salad with cranberries or dried cherries and pecans or steamed green beans with maple vinaigrette and slivered almonds would bring this dish together nicely.