Delicata squash with walnuts

Number of servings: 4
Preparation time: 35 minutes
Total time: 35 minutes

Ingredients:
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 large delicata squash, halved lengthwise, seeded and thinly sliced (about 4 cups)
- 1 teaspoon orange zest (see below)
- 3/4 cup orange juice or use the juice from the orange you peel
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons chopped walnuts

Equipment Needed:
- Cutting board
- Knife
- Large non-stick skillet
- Wooden spoon
- Measuring spoons and cup

Directions
- Heat oil in a large nonstick skillet over medium heat.
- Chop onion and add to skillet. Cook, stirring, until softened and beginning to brown, about 4 minutes.
- Meanwhile, cut squash in half, seed it and slice it thinly into half-moon shapes. Using a paring knife, scrape the skin of an orange to remove just the orange colored part. This is the “zest”. You can then juice the orange!
- Add squash, orange zest and juice, salt and pepper to the skillet. Reduce heat to medium-low, cover and cook, stirring once, until the squash is almost tender, 6 to 8 minutes. Uncover and cook, stirring occasionally, until the liquid is absorbed and the squash is tender and beginning to brown, 12 to 15 minutes more.
- Garnish with chopped walnuts and serve hot.

Nutrition Facts
Serving Size: 1 cup
Recipe makes 4 servings
Calories 130

Amount Per Serving %DV
Total Fat 5g 9%
Saturated Fat 1g 4%
Monounsaturated Fat 4g
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 313 mg 12%
Potassium 507 mg 15%
Total Carbohydrate 20g 6%
Dietary Fiber 4g 10%
Protein 2g 4%
Vitamin A 100%
Vitamin C 65%

When cooked the skin of the delicata squash gets soft enough to eat, and adds fiber.