

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

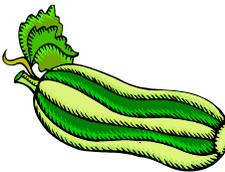
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Directions

- 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.



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

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%

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