

Roasted Delicata Squash and Onions

2 delicata squash
1 medium red onion, sliced
2 tablespoons olive oil, divided
1/4 teaspoon salt
1 tsp chopped fresh rosemary
1 tablespoon maple syrup
1 tablespoon Dijon mustard

Preheat oven to 425°F.

Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into 1/2-inch-thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet.

Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.

Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

Adapted from Eatingwell.com