

Eat Smart • Move More

Delicata Squash with Walnuts

Prep Time: 5 minutes

Total Time: 35 minutes



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 delicata squash, seeded, halved and sliced
- ¾ cup orange juice
- 1 teaspoon orange zest
- ¼ teaspoon ground black pepper
- 2 tablespoons walnuts, chopped

Nutrition Facts

4 servings per container	
Serving size	1 serving (201.01g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes g of Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 573mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in a skillet over medium heat. Add onion and cook until onion becomes soft, about 4 minutes.
- Add squash, orange juice, orange zest, and pepper to skillet. Reduce heat to medium-low, cover and cook, stirring once, until the squash is almost tender, about 6-8 minutes.
- Remove cover and continue to cook, stir occasionally, until the liquid is absorbed and the squash is tender and beginning to brown, about 12-15 minutes.
- Garnish with chopped walnuts and serve hot.

Quick Tips

- ▶ Use a zester or grater to scrape the outer layer of orange skin into zest. If you do not have a zester or scraper, carefully use a paring knife to scrape off zest.
- ▶ Substitute unsalted sunflower seeds for walnuts for a lower cost, allergy-friendly option.

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(Recipe adapted from: <http://www.eatingwell.com>.)

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