



Roasted Delicata Squash

This roasted delicata squash is a simple Ayurvedic vegetable recipe that highlights the natural sweetness and grounding qualities of seasonal squash.

Servings: 2

Preparation Time: 35-45 minutes



Ingredients

- 1 small to medium delicata squash
- 1-2 teaspoons **ghee** (or make your own **ghee**)
- 1/4-1/2 teaspoon of **ground cardamom**
- 1/4-1/2 teaspoon of **ground cinnamon**
- 1/4-1/2 teaspoon **Himalayan pink salt**
- 1/8-1/2 teaspoon **black pepper**

Instructions

- Heat oven to 350 degrees F.
- Prepare a cookie sheet by covering it with parchment paper.
- Wash the delicata squash, cut it in half length-wise, and remove the seeds and strings.
- Smear the fleshy part with the ghee. Squash can aggravate Vata dosha, so as long as you can digest the ghee, be liberal with it if you are dealing with any Vata-related issues.
- Sprinkle the cardamom, cinnamon, salt, and pepper over the fleshy part of the squash.

Roasted Delicata Squash (Cont.)



Instructions

- Sprinkle the cardamom, cinnamon, salt, and pepper over the fleshy part of the squash.
- Place it fleshy-side up on the parchment paper.
- Put it into the oven and bake for 20-30 minutes (this time will depend on the size of the squash).
- You will know it is finished when a fork easily pierces the squash.
- Remove from the oven and enjoy with your favorite main dish.

This recipe is excellent for all types.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

