

Side

## Roasted Delicata Squash Salad

**15 Mins**  
Prep Time

**30 Mins**  
Cook Time

**4**  
Servings

 **247 Calories** **17g Fat** **19g Carbs** **9g Protein**



## Ingredients

 **4 Servings**  **45 Mins Total Time**  **Allergens: Dairy**

**2** Large Delicata Squash, halved lengthwise, seeded and cut into ½ inch-thick half moons 

**2 Tbsp** Extra Virgin Olive Oil

Salt and Pepper

**½** Small Red Onion, sliced very thinly

**½ Cup** Crumbled Feta Cheese

**½ Cup** Fresh Mint Leaves

**1** Lime, juiced

**⅓ Cup** Pomegranate Seeds 

### Allergen Swap

**Dairy** Omit feta cheese or use a dairy-free cheese variety

### Nourishment Note



#### **Squash**

Delicata squash is an excellent source of vitamins A and C. Both vitamins A and C are antioxidants which can help to prevent damage to healthy cells and lower inflammation.



#### **Pomegranate Seeds**

Pomegranate seeds pack a powerful antioxidant punch and have notable anti-inflammatory effects. Both of which are important for those with asthma.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven

Heat oven to 425°F. Line a baking sheet with parchment paper and set aside.

### 3. Roast Squash

Place squash in a large bowl and drizzle with olive oil and a generous sprinkle of salt and pepper. Mix to evenly coat the squash. Arrange the squash into a single layer on to the prepared baking sheet and roast for approximately 30 minutes, or until tender and caramelized.

### 4. Toss Salad

Toss onion, feta, mint, lime juice and pomegranate seeds into a large bowl. Top with cooled squash and gently toss to combine. Finish dish with a drizzle of olive oil and a sprinkle of salt. Serve and enjoy!

### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from [joanne-eatswellwithothers.com](http://joanne-eatswellwithothers.com)

## What You'll Need



Knife



Cutting Board



Spoon



Baking Sheet



Parchment Paper



Measuring Spoons



Measuring Cups



Large Bowls (2)

### Breathe Better Food Tip

- Gas Causing Foods: Omit onion.
- Salicylates: Omit mint.
- Sulfites: Use fresh lime juice for this dish. Bottled lime juice may contain sulfites.