



## Delicata Squash with Caramelized Shallots

“Healthy side dish for Thanksgiving”

**5 INGREDIENTS**

**45 MINS - 1 HOUR**

I wanted to share one of my favorite fall side dishes that is also perfect for Thanksgiving. It's very easy to make with one of my most favorite squashes. I tried it a long time ago at my sister in law's wedding and have been obsessed ever since. You can assemble this dish up to 2 hours before baking.

### Ingredients:

**4**

Delicata Squash

**4-6 Tbsp**

Olive oil

**1 ½ Cups**

Thinly sliced shallots

**4-5 Teaspoon**

Fresh sage

**To taste**

Dried oregano

### Directions:

**1**

Preheat oven to 350 degrees.

**2**

Peel the squash, leaving the skin in the crevices. Trim the ends. Cut the squash in half lengthwise and scoop out the seeds. Slice the halves crosswise ½ inch thick

**3**

Heat olive oil in a large skillet over medium-high heat. Add the first portion of the squash in a single layer and cook without moving until the slices begin to brown, about 2 mins. Flip and cook until the second side begins to brown. Transfer to a baking dish. Repeat with remaining squash.

**4**

Heat remaining olive oil over medium heat. Add the shallots and some salt and cook, stirring frequently, until the shallots turn deep brown on the edges, 3-5 mins. Take the pan off and add sage. Scatter this

**5**

Cover the baking dish with foil and bake until the squash is tender, 25-30 mins.

**6**

Season to taste with salt and pepper