

ROASTED APPLES AND DELICATA SQUASH WITH THYME- MAPLE MARINADE

Approx. 6 servings

INGREDIENTS :

1 pound delicata squash, sliced into thin half moons with the skin intact
2 apples, unpeeled, sliced and diced into thick chunks. Try to keep these a bit larger to hold up while roasting
1 tablespoon of apple juice
1 tablespoon of olive oil
1 1/2 tablespoons of maple syrup
1 clove of garlic, mashed
a pinch, around 1/8 of a teaspoon, of dried sage and rosemary
4-6 sprigs of fresh thyme
salt to taste

DIRECTIONS :

Preheat the oven to 475

Place squash and apples in a large baking dish where they are evenly spread around.

In a separate bowl, mix apple juice, olive oil and maple syrup. Add the garlic clove and the pinch of dried rosemary and sage. Mix again.

Drizzle marinade over squash and apples. Toss a few times to ensure an evening coating.

Place sprigs of thyme over the squash and apples.

Roast until tender, around 30 minutes. Checking often and rotating pans as needed.

When finished, salt to taste.