

# Delicata Squash Rings

2 Delicata Squash, 12 - 16 oz. each  
1.5 T. olive oil or vegetable oil  
salt and pepper  
chopped parsley

These take just 10 to 12 minutes to cook and when finished are glazed with a rich caramel coating from the natural sugars in the squash. Serve these as a side dish or add them as an attractive garnish to winter vegetable stews. Recipe from *Vegetarian Cooking for Everyone* by Deborah Madison.

Peel the squash with a vegetable peeler, slice off the ends, and scoop out the seeds with a teaspoon. Cut the squash into rings about 1/3 inch thick. Heat the oil in a wide skillet, add the squash, and fry over medium heat until richly colored on the bottom, about 6 minutes. Turn and cook on the second side until tender. Remove to a serving plate, season with salt and pepper, and garnish with parsley.

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# Shopping List

## Delicata Squash Rings

Ingredients	Wieght or Volume	PLU #
Local Delicata squash	2, 12 - 16oz. each	_____
olive or vegetable oil	1.5 T.	_____
local parsley	for garnish and taste	_____
salt		_____
pepper		_____
		_____
		_____

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Ingredients	Wieght
Local Delicata squash	2 - 12 -
olive or vegetable oil	1.5 T.
local parsley	for garn
salt	
pepper	