

# Warm Delicata Squash, Mushrooms, Green Beans and Apple

Nicknamed the “sweet potato squash,” delicata squash has a sweet, velvety flesh that caramelizes beautifully in the oven.



**Prep Time: 15 minutes**

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## INGREDIENTS

**Yield: 4-6 servings**

- 1 medium delicata squash. Peel, cut in half lengthwise, scoop out seeds and slice into 1/2 inch circles
- 1/2 teaspoon cinnamon
- 2 shallots, thinly sliced
- 8 ounces shitake mushrooms, thinly sliced
- 2-3 cloves garlic, minced
- 1/2 pound green beans
- 4 tablespoons olive oil
- 1 apple, cored, peeled and thinly sliced
- 1/2 cup chopped flat-leaf parsley

## Apple Cider Vinegar Dressing

- 1/4 cup raw apple cider vinegar (with the mother)
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- 1/2 cup extra virgin olive oil
- Salt and pepper to taste

**Cook time: 35-40 minutes total**

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## PREPARATION

- Preheat oven to 450°
- Spread squash on a sheet tray and drizzle with 1 tablespoon of olive oil. Sprinkle with cinnamon. Roast in the oven for 10 minutes, until golden and caramelized on one side and fork tender. There is no need to flip them over.
- To make the dressing add ingredients into a small jar. Screw on the lid. Shake to combine.
- Heat sauté pan on medium heat, add olive oil. Sauté shallots for 2-3 minutes until soft. You will need to sauté mushrooms in 2 batches. Start with 1/2 the mushrooms, sauté for 5-7 minutes until soft and caramelized. Remove from pan, add 2 tablespoons olive oil and sauté remaining mushrooms for 5-7 minutes. Then add the garlic and sauté for an additional 2 minutes. Return the first mushrooms to pan.
- Add the green beans and sauté until they are soft and bright green.
- Place mushroom mixture on a serving platter. Arrange delicata squash and apple slices on top.
- Drizzle with dressing, toss gently to combine. Garnish with chopped parsley.

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