

# Delicata Squash with Chili Lime Butter

Culinary Medicine, Nutrition Services

Serves: 4, Serving Size: 1 cup

Equipment: cutting board, knife, microplane or zester, baking sheet, prep bowls, spoon

## Ingredients

2 Delicata squash, halved and seeded  
3 tablespoons butter, softened  
1 tablespoon fresh lime juice  
1 teaspoon chili powder  
½ teaspoon lime zest  
Salt and pepper to taste

## Instructions

1. Preheat oven to 350°F. Place the squash cut side down into a baking dish. Pour water into dish to about a ¼ inch deep.
2. Bake until squash pierces easily with a fork, about 30 minutes.
3. Blend butter with the lime juice and chili powder in a small bowl. Mix in the lime zest and salt and pepper. Spoon the butter mixture into the cooked squash and serve immediately.



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## Why We Like This Recipe

This fan favorite is expertly crafted for flavor with a simple to use squash.

Chef's Notes:

- This squash is delicious hot or cold!

Nutrition Notes:

- Enjoying vegetables in their peak season offers increased nutrition value as well as supporting local farmers and ecology.

Gardener's Notes:

- *Cucurbita pepo* (Delicata Squash) is a winter squash that has thin, delicate skin that can be eaten so there is no need to peel this fruit.



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