

# Maple Roasted Delicata Squash with Goat Cheese and Pomegranate

This easy roasted delicata squash with maple syrup is topped with melty goat cheese, sweet pomegranate, and fresh herbs! A side dish easy enough for a weeknight dinner, but gorgeous enough for a holiday table. Make it a salad by serving on top of dressed greens.



★★★★★

5 from 1 vote

Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Course: Side Dish    Cuisine: American    Servings: 4 servings    Calories: 199kcal

Author: [Elizabeth Lindemann](#)

## Equipment

- [Rimmed Baking Sheet](#)

## Ingredients

- 2-3 delicata squash halved, seeded, and sliced into 1/2-inch thick pieces
- 2 tablespoons [extra-virgin olive oil](#)
- 1 tablespoon [maple syrup](#)
- 1/2 teaspoon [kosher salt](#) more or less to taste
- 1/4 teaspoon [black pepper](#) more or less to taste
- 2 oz. goat cheese (chevre) crumbled
- 1/4 cup pomegranate seeds
- 2 tablespoons chopped fresh parsley or other herbs like mint, dill, basil, and/or oregano

## Instructions

1. Preheat your oven to 425 degrees F. Line a rimmed baking sheet with parchment paper (*optional, for easy clean-up*). Place the halved, seeded, and sliced delicata squash on the prepared baking sheet.
2. Drizzle the squash with the olive oil (*2 tablespoons*), maple syrup (*1 tablespoon*), and season with kosher salt (*1/2 teaspoon*), and black pepper (*1/4 teaspoon*). Toss together to coat, arranging the squash pieces in a single layer and spreading them out evenly.
3. Roast the squash at 425 degrees F for 25-30 minutes until golden brown on the outside and soft on the inside. Flip over if you want to halfway, but it's not necessary.
4. Place cooked squash on a serving dish or platter. Sprinkle with the crumbled goat cheese (*2 oz.*), the pomegranate seeds (*1/4 cup*), and fresh chopped parsley (*2 tablespoons*). Serve.

Do not sell my personal information

## Notes

- **Optional:** [roast the delicata squash seeds](#) and eat as a snack or use as another topping for the roasted squash.
- **To save time**, buy pre-seeded pomegranate and/or prep and cut the squash in advance.
- **This dish is best served right away**, but can also be served at room temperature. Roast the squash, allow to cool at room temp, and top with the goat cheese, pomegranate, and parsley just before serving.
- **Make it vegan/dairy free** by omitting the cheese or using a vegan substitute.
- **Make it a salad!** Toss baby arugula or other baby greens with your favorite dressing and serve the squash on top of the dressed greens.
- **The squash may take more or less time to roast.** It depends on how big they are, and how much water content there is (*usually fresh picked squash has more water*). So make sure you allot for enough time to roast for a little longer if you aren't sure!

## Nutrition

Calories: 199kcal | Carbohydrates: 25g | Protein: 5g | Fat: 10g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 7mg | Sodium: 354mg | Potassium: 845mg | Fiber: 4g | Sugar: 10g | Vitamin A: 3412IU | Vitamin C: 32mg | Calcium: 93mg | Iron: 2mg

<https://www.bowlofdelicious.com/roasted-delicata-squash/>

Exclusive Member of Mediavine Food

