



Roasted Winter Squash and Pear Hash



Ingredients



- 2 Tbsp olive oil
- 1 delicata squash, roasted (about 1 cup)
- 1 pear, diced (about 1 cup)
- 3 fresh sages leaves, 2 tsps
- Salt and pepper to taste
- 1 Tbsp apple cider vinegar for deglazing



Directions



- Preheat oven to 400 degrees Fahrenheit.
- Use a sharp vegetable peeler to peel the delicata squash, then remove the tops and bottoms. Slice down the center, scoop out seeds, and dice the flesh.
- Remove the core from the pear and dice.
- Place cubed squash and pears on a parchment lined baking sheet. Stir to combine, then toss with olive oil, salt and pepper. .Roast for 20 minutes, then remove pan from the oven. Stir, add sage leaves and return to the oven for 10 – 20 more minutes.
- Cook until and squash and pears are soft and starting to golden.
- Deglaze with apple cider vinegar, serve, and enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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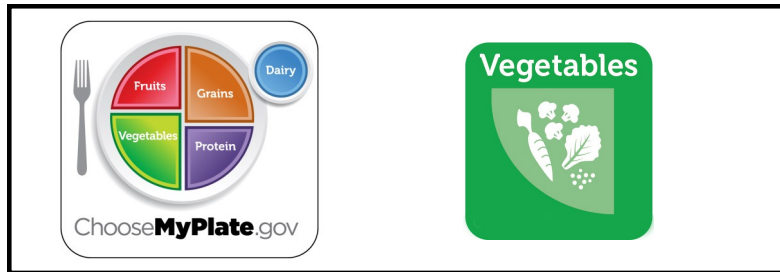
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Fast Facts



Featured Food Groups



Cooking Tips



- Winter squash, pumpkin and potatoes can all be used in the recipe.
- Have other seasonal fruits like apples? They also are perfect for this recipe!
- Sausage, bacon or ham can also be added for flavor.

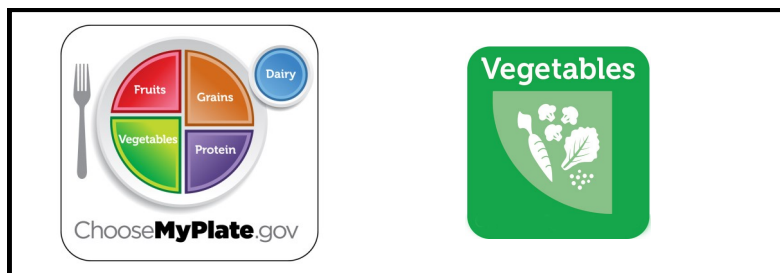
Second Harvest is an equal opportunity provider.



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