

# Delicata Squash

## And Sausage Saute

Delicata, also known as a Peanut Squash, is a winter variety of squash with a delicate and edible skin. Delicata's were introduced in the early twentieth century but have just recently been introduced in our North Country. The flesh of a Delicata is similar to that of a sweet potato with a meaty and semi sweet flavor profile.



8	ounces	fresh Italian sausage
1	large	delicata squash, washed, and seeded, sliced thinly
1	tablespoon	extra virgin olive oil
1	teaspoon	kosher salt
1	teaspoon	freshly ground black pepper
1	tablespoon	fresh thyme leaves
1	cup	red onion slivers
1/4	cup	pepitas
1/4	cup	parmesan cheese (optional)

1. Preheat a large skillet over medium high heat, when warm add the sausage and cook until it is beginning to brown and crisp slightly.
2. Add the delicata squash, olive oil, salt, and pepper and cook until the squash begins to caramelize, stirring often.
3. Add the remaining ingredients and toss or stir to mix well. Continue cooking until the onions are soft.
4. Serve on a large platter with a drizzle of extra virgin olive oil.