

DELICATA SQUASH AND ROASTED MUSHROOMS WITH THYME

Of all the rich and succulent squash varieties, delicata, with its long and uniformly narrow shape, is the easiest to work with. And its thin, pale-golden skin with green striations is more than just pretty — it's edible, too.

— ingredients —

4 tbl coconut expeller pressed oil

2 cloves fresh garlic, sliced

1 tablespoon chopped fresh thyme

1/2 teaspoon celtic salt

1/8 teaspoon black pepper

2 delicata squash (3 medium), halved lengthwise, seeded, and cut crosswise into 1/2-inch-wide slices

1 lb approximately fresh Cremini mushrooms, sliced

— preparation —

Stir together oil, thyme, salt, and pepper. Toss squash with 2 tablespoons thyme oil in a shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer. Toss mushrooms with remaining 1/4 cup thyme oil in another shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer. Roast squash and mushrooms, stirring occasionally and switching position of pans halfway through roasting, until vegetables are tender and liquid mushrooms give off is evaporated, 25 to 30 minutes.

Cooks' note:

Squash can be sliced 1 day ahead and chilled in a sealed plastic bag.