

Crunchy Sesame Crusted Delicata Squash

Ingredients

- 1 large delicata squash
- 1 tbsp. ground flax
- 1 ½ tbsp. all-purpose flour
- ¼ tsp. salt
- Pinch of nutmeg
- 2 tsp. tahini
- ¼ cup water
- ½ cup sesame seeds (I used half white and half black sesame seeds)

Steps

1. Preheat the oven to 400°F (200°C). Line a baking sheet with a silicone mat (or parchment paper). Slice the delicata squash into rings, between a quarter and half inch, and remove the seeds.
2. Add the flax, flour, salt and nutmeg to a mixing bowl and mix. Add the tahini and water, and whisk to combine. Let the batter sit for 5-10 minutes, to let the flax hydrate. Place the sesame seeds in a second bowl. One by one, dip the squash into the batter, shake off excess, and dip into the sesame seeds to coat both sides. Place the coated squash on the prepared baking sheet.
3. Roast your sesame squash for 20 minutes, remove from the oven and flip. Cook for another 20 minutes, remove from the oven and serve warm.

