

# Italian Roasted Delicata Squash for Salads

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Fall flavors don't get much better than this: golden roasted delicata squash paired with peppery arugula, crunchy pumpkin seeds, and nutty shaved Parmesan. Tossed in a creamy Sicilian-inspired dressing, this salad is simple, rustic, and full of cozy Italian charm. Best of all? You don't need to peel the squash – the tender skin adds color, texture, and flavor that makes every bite irresistible. Whether you're serving it as a side or a light meal, it's the perfect way to celebrate seasonal produce with a touch of Italian flair.

## Things to know about this Italian Roasted Delicata Squash for Salads

- **No Peeling Needed:** The skin of delicata squash is thin and tender when roasted, so it's completely edible and adds lovely texture.
- **Roasting Brings Out Natural Sweetness:** Roasting caramelizes the edges of the squash, enhancing its nutty, sweet flavor – perfect for balancing the peppery arugula and savory Parmesan.
- **Flexible Salad Base:** This roasted squash works beautifully in salads, grain bowls, or even as a side dish for Italian mains like chicken or sausage.
- **Pumpkin Seeds Add Crunch:** Toasted pumpkin seeds

(pepitas) provide a satisfying crunch and a subtle nutty flavor that complements the roasted squash.

- **Creamy Sicilian Dressing:** The dressing is tangy, garlicky, and creamy – it ties the salad together while keeping it light and fresh.
- **Make Ahead:** You can roast the squash a day ahead – just toss it with the dressing right before serving so the arugula stays crisp.
- **Seasonal & Healthy:** This salad is packed with seasonal fall flavors, making it a nutritious, colorful, and Italian-inspired dish for any table.
- Try this roasted delicata squash salad today and bring a touch of Italian autumn to your table! For more cozy Italian-inspired fall recipes, check out my [Roasted Butternut Squash lasagna](#) or [creamy roasted butternut squash soup](#).



# Italian Roasted Delicata Squash Salad with Creamy Sicilian Dressing

**Servings:** 2–4

**Cook Time:** 25–30 minutes

## Ingredients for Roasting the Delicata Squash:

- 1 delicata squash, scrubbed and sliced into  $\frac{1}{2}$ -inch half-moons (skin on)
- 2 tablespoons extra virgin olive oil
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- $\frac{1}{4}$  teaspoon garlic powder (optional)
- 1 teaspoon fresh thyme or sage, chopped (optional)

## Salad Ingredients:

- 4 cups arugula
- 2 tablespoons toasted pumpkin seeds (pepitas)
- $\frac{1}{4}$  cup shaved Parmesan

## • Creamy Sicilian Dressing Ingredients:

- 3 tablespoons mayonnaise or Greek yogurt
- 1 cup extra virgin olive oil
- $\frac{1}{3}$  cup red wine vinegar
- $\frac{1}{4}$  cup lemon juice

- 1 garlic clove, minced
- 2 teaspoon oregano
- Salt and pepper to taste

## Instructions

### 1. Preheat the Oven:

Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.

### 2. Roast the Squash:

Toss the sliced delicata squash with olive oil, salt, pepper, garlic powder, and herbs. Spread in a single layer on the baking sheet. Roast for 20–25 minutes, flipping halfway through, until tender and golden at the edges.

### 3. Make the Dressing:

In a small bowl, whisk together mayonnaise (or Greek yogurt), olive oil, red wine vinegar, lemon juice, minced garlic, oregano, salt, and pepper until smooth and creamy.

### 4. Assemble the Salad:

In a large bowl, place the arugula and roasted delicata squash. Drizzle with the creamy Sicilian dressing and toss gently. Sprinkle with toasted pumpkin seeds and shaved Parmesan.

### 5. Serve:

Serve immediately as a warm salad or let the squash cool slightly for a room-temperature version. Perfect as a side dish or a light Italian-inspired meal.