

Roasted Delicata Squash Oreganata

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I love when simple seasonal ingredients can shine with just a few Italian touches. This **Roasted Delicata Squash Oreganata** is my twist on a classic southern Italian preparation, where “oreganata” means seasoned with oregano, garlic, breadcrumbs, and good olive oil. The result is golden, tender squash with a crispy, flavorful topping – the perfect cozy side dish for fall dinners or holiday tables.

Things to know about this Roasted Delicata Squash Oreganata

One of the best things about delicata squash is that you don't have to peel it – the skin is completely edible and turns tender and slightly crisp when roasted. That makes this recipe not only delicious but also incredibly easy to prepare. Look for delicata squash with firm, unblemished skin and a creamy yellow color with green stripes; that's a sign it's perfectly ripe and full of flavor.

Because delicata is naturally sweet, it pairs beautifully with the savory oreganata topping – a mix of breadcrumbs, Parmesan, garlic, and herbs that gives every bite a golden crunch. You can prepare the squash ahead of time and reheat it in the oven just before serving, making it a great make-ahead side dish for gatherings or holiday meals. And if you want to make it your own, try adding a sprinkle of crushed red pepper flakes

for a touch of heat or a squeeze of lemon juice for brightness just before serving.

Love cozy fall flavors? Try my Roasted Butternut Squash soup or Italian cauliflower al forno next – both bring that same rich, comforting sweetness of the season to your table.





Roasted Delicata Squash Oreganata

Servings: 4

Cook Time: 30 minutes

Ingredients

- 2 medium delicata squash
- 3 tablespoons olive oil
- 1/2 cup grated Parmesan cheese
- 1 cup plain breadcrumbs
- 1 Tbsp. minced garlic
- 2 tablespoons fresh parsley, chopped
- 1 Tbsp. dried oregano
- Salt and black pepper, to taste

Instructions

1. **Preheat the oven:** Set your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. **Prepare the squash:** Slice each delicata squash in half lengthwise. Scoop out the seeds, then cut into ½-inch thick half-moons.
3. **Season:** In a large bowl, toss the squash with olive oil, salt, and pepper until evenly coated.
4. **Make the oreganata mixture:** In a small bowl, combine breadcrumbs, Parmesan, garlic, parsley, and oregano.

Stir well to mix.

5. **Coat the squash:** Arrange the squash slices on the prepared baking sheet in a single layer. Sprinkle the breadcrumb mixture evenly over the top, pressing gently so it adheres.
6. **Roast:** Bake for 20–25 minutes, turning halfway through, until the squash is tender and the topping is golden and crispy.
7. **Serve:** Transfer to a serving platter and garnish with a little extra parsley or Parmesan if desired. Serve warm