



Air-Fried Maple Delicata Squash

GF
option

V
option

INGREDIENTS

2 ½ lb Delicata squash
(about 5 or 5)

1 Medium shallot, sliced

3 tbsp Gustare Vita extra
olive oil

½ tsp Plus 1 dash finely
ground Hy-Vee sea salt,
divided

¼ tsp Coarsely ground Hy-
Vee black pepper

¾ cup Full Circle Market
organic light-colored agave
nectar

½ cup Hy-Vee apple cider
flavored distilled vinegar

½ tsp Apple pie spice

½ cup Hy-Vee dried
cranberries

¼ cup Hy-Vee pine nuts,
toasted

¼ cup Lightly packed fresh
mint, chopped

PREPARATION

- 1** Preheat air fryer to 400° according to manufacturer's directions. Cut squash lengthwise in half; remove and discard seeds. Cut each half crosswise into ½-inch-thick slices.
- 2** Toss squash and shallot with olive oil, ½ teaspoon salt and pepper in a large bowl to coat.
- 3** Working in batches, place coated squash and shallot slices in a single layer in basket. Air-fry for 5 minutes. Shake basket; air-fry for 4 to 6 minutes more or until fork-tender. Transfer squash and shallot to a large bowl.
- 4** For syrup, stir together agave nectar, vinegar, apple pie spices, and remaining dash of salt in a small saucepan. Bring to a boil; reduce heat to medium. Simmer, uncovered, for 6 to 8 minutes or until reduced to about ½ cup.
- 5** To serve, pour syrup mixture over squash in bowl; toss to coat. Arrange on a serving platter; top with cranberries, pine nuts, and mint.

NUTRITION FACTS

Calories: 340
Total Fat: 11g
Saturated Fat: 1.5g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 170mg
Carbohydrates: 64g
Fiber: 4g
Sugar: 41g
Protein: 3g