

Roasted Squash with Caramelized Onion, Feta and Balsamic Drizzle

Ingredients:

2 onions, sliced
4 yellow squash
1/4 c olive oil, divided.
1 tsp garlic powder
1 tsp umami blend
Balsamic reduction or store bought balsamic reduction
1 ounce feta
green onion tops, sliced

Directions:

Preheat oven to 400

In a pan, heat 2 TBS of olive oil until shimmering over medium high heat. Add sliced onions and sauté until they caramelize, stirring often. Remove from heat.

Slice yellow squash into circles. Toss cut squash with remaining olive oil, garlic powder and umami.

Line a baking sheet with parchment. Spread caramelized onions on the sheet. Place sliced squash in a layer above the onions. Place in oven and roast for 10-12 minutes.

Sprinkle feta and sliced scallions over top. Drizzle with balsamic reduction.

To make balsamic reduction:

Simmer 1 c balsamic vinegar and 1 TBS honey or sugar on stove top until vinegar is thickened and reduced to 1/4 of original volume or until it coats the back of a spoon.