



Roasted Butternut Squash, Kale, Pomegranate and Pumpkin Seed Salad with Lemon Vinaigrette

Salad Ingredients:

- 4 cups raw butternut squash, 1 inch cubes
- 4 packed cups curly kale, stems removed and chopped
- 1 cup pomegranate seeds (drain juice) or chopped apple
- ½ cup (hulled) green pumpkin seeds (buy roasted or toasted to save time)
- ½ cup (3 oz) goat cheese, crumbled or shaved parmesan
- 2-4 tablespoons olive oil
- Salt and pepper to taste

Vinaigrette Ingredients:

- ½ cup extra virgin olive oil or avocado oil
- ½ cup freshly squeezed lemon juice (2-3 lemons)
- 2 tablespoons Dijon mustard
- 2-3 teaspoons maple syrup
- Salt and cracked pepper to taste

Instructions:

1. Preheat oven 450 degrees F. On a large baking sheet, mix the butternut squash and 1-2 tablespoon olive oil along with optional seasoning(s) of your choice (salt and pepper, thyme, rosemary and sage).
2. Spread the butternut squash in a single layer and roast 20-25 minutes, stirring and rotating the baking sheet half way through. Cook until the squash is tender and lightly browned.
3. As the butternut squash roasts, place the chopped kale in a large bowl with a tablespoon of olive oil. Using your hands, massage the kale, until soft, making sure to coat each piece of kale with oil, about 2-3 minutes. Set aside.
4. Using a large skillet at medium-high heat, add 2 teaspoons of olive oil, salt and pumpkin seeds. Stir frequently, allowing the pumpkin seeds to turn golden -about 4 minutes. Remove from heat and set aside.
5. Prepare the vinaigrette dressing mix in a small bowl or jar.
6. Add all salad ingredients (roasted butternut squash, pomegranate seeds and/or sliced apple, cheese of choice and pumpkin seeds) into the large bowl with the kale. Toss with vinaigrette dressing just before serving.

Notes:

- Uncooked butternut squash cubes will shrink to about 2 ½ cups roasted.
- To save prep time, purchase pumpkin seed that already are roasted or toasted.
- You can prepare the butternut squash and pumpkin seeds 1-2 days ahead and store properly before use.