

KALE, BUTTERNUT SQUASH, POMEGRANATE SALAD

SAVORY, BUT SLIGHTLY SWEET SALAD THAT'S HEALTHY & A PERFECT ADDTION FOR A HOLIDAY MEAL

Salad Ingredients:

- 1 large butternut squash (about 3 pounds), peeled cut into 3/4" cubes
- 1/4 cup olive oil, divided
- 5 cloves garlic
- 1/2 tsp turmeric
- 1/4 tsp salt
- Freshly ground black pepper
- 1/2 cup chopped walnuts (can also sub pumpkin seeds or sliced almonds)
- 2 large bunches (about 2 lbs total) lacinato (Tuscan) kale, stemmed and thinly sliced
- 1/4 cup fresh lemon juice (from 1 large lemon), divided
- Sea salt
- 1 Tbsp apple cider vinegar
- 1 tsp pure maple syrup
- 1 Tbsp Dijon mustard
- 1 shallot, finely chopped
- 1 cup pomegranate seeds (from 1 large pomegranate) (cut off crown.. heavier the pomegranate the juicier, score the skin of pom into quarters, cut from crown to stem but don't break, place in water and they will fall out)

Directions

1. Preheat oven to 400°F. Place cubed butternut squash on baking sheet, drizzle 1 teaspoon olive oil over the top. Add whole garlic cloves, turmeric, and salt and pepper. Toss to evenly coat the butternut squash with oil and spices. Spread butternut cubes evenly around pan and roast for 30-40 minutes until squash is fork tender.
2. While the squash is roasting, heat 1 tsp olive oil in a small skillet over medium-high heat. Add walnuts and cook, stirring occasionally, until they are just golden brown, 2–3 minutes. Set aside.
3. Prepare the kale by slicing it into thin strips. Add the 2 tablespoons lemon juice and a pinch of sea salt and massage into kale to wilt. Set aside.
Note: if you are prepping the day ahead, only add the lemon and massage the kale the day it's served.
4. When the squash and garlic are done roasting, remove the garlic pieces and add them to a medium bowl or food processor. Add the remaining olive oil, lemon juice, apple cider vinegar, maple syrup, Dijon mustard, and shallot; whisk or pulse until smooth..
5. In a large mixing bowl, combine kale with about 3/4 of the dressing, and toss until kale is lightly coated. Add more dressing to taste, and reserve any leftover for another use.
6. Add roasted squash and pomegranate seeds to the kale; toss to combine. Transfer to a serving bowl, and top with toasted walnuts.

Makes 8 servings.

Per Serving: 200 calories, 11 g total fat (1.5 g saturated fat), 23 g carbohydrate, 5 g protein, 4 g fiber, 105 mg sodium.

Prep Time: 15 minutes **Cook Time:** 45 minutes



14 SIMPLE SALADS FOR WINTER

There may not be as much fresh produce in the winter, but salads can be brightened up with crunchy vegetables and sweet and tart citrus fruits.

					SALAD KEY	1	2	3	4
BASIC VINAIGRETTE	ASIAN VINAIGRETTE	LEMON YOGURT DRESSING	CITRUS VINAIGRETTE	SPICED VINAIGRETTE	DRESSING				
1 ½ tbsp vinegar (balsamic, apple cider, sherry, red wine)	1 clove garlic, crushed	1 clove garlic, crushed	¼ bulb shallot, minced	½ tsp spices (paprika, cumin, coriander)	BASE	<i>Balsamic Vinaigrette</i>	<i>Balsamic Vinaigrette</i>	<i>Apple Cider Vinaigrette</i>	<i>Apple Cider Vinaigrette</i>
2 tsp Dijon mustard	2 ¼ tsp soy sauce	2 tbsp lemon juice	2 tbsp citrus juice (orange, lemon, lime, grapefruit)	2 tbsp red wine vinegar	INGREDIENTS	<i>Shredded Brussels Sprouts</i>	<i>Baby Spinach</i>	<i>Mixed Greens</i>	<i>Mixed Greens</i>
2 tsp sweetener (jam, sugar, honey, maple syrup)	2 ¼ tsp rice vinegar	1 tsp Dijon mustard	1 tbsp red wine vinegar	2 tsp Dijon mustard		<i>Dried Cranberries, Walnuts, Goat Cheese</i>	<i>Persimmon, Fresh Mozzarella</i>	<i>Apple, Celery, Walnuts</i>	<i>Fennel, Edamame, Oranges, Walnuts</i>
2 tbsp oil (cooking, avocado, grapeseed, olive)	½ tsp brown sugar	2 tbsp yogurt	1 tsp Dijon mustard	1 tbsp honey					
Salt and pepper	½ tsp toasted sesame oil	2 tbsp oil	1 tsp honey	2 tbsp oil					
	2 ½ tsp oil	Salt and pepper	3 tsp oil	Salt and pepper					
5	6	7	8	9	10	11	12	13	14
<i>Red Wine Vinaigrette</i>	<i>Red Wine Vinaigrette</i>	<i>Asian Vinaigrette</i>	<i>Asian Vinaigrette</i>	<i>Lemon Yogurt Dressing</i>	<i>Lemon Yogurt Dressing</i>	<i>Lemon Yogurt Dressing</i>	<i>Orange Vinaigrette</i>	<i>Orange Vinaigrette</i>	<i>Lime Vinaigrette</i>
<i>Baby Spinach</i>	<i>Cooked Broccoli</i>	<i>Iceberg Lettuce, Shredded Cabbage</i>	<i>Baby Spinach</i>	<i>Shredded Cabbage</i>	<i>Kale</i>	<i>Butter Lettuce</i>	<i>Arugula</i>	<i>Kale</i>	<i>Butter Lettuce</i>
<i>Baby Carrots, Kalamata Olives, Feta Cheese</i>	<i>Chickpeas, Shallot, Cherry Tomatoes</i>	<i>Edamame, Dried Cranberries, Oranges, Almonds</i>	<i>Rotisserie Chicken, Shredded Carrot, Cucumber, Cooked Quinoa</i>	<i>Dried Cranberries, Celery, Green Bell Pepper, Green Onions, Almonds</i>	<i>Parmesan Cheese, Pine Nuts</i>	<i>Rotisserie Chicken, Celery, Walnuts</i>	<i>Oranges, Pomegranate, Walnuts</i>	<i>Roasted Beets, Oranges, Pomegranate, Fresh Tarragon</i>	<i>Mango, Hearts Of Palm</i>