



Roasted Squash Salad with Burrata and Quinoa Crunch

By Susan Spungen

Serves 2-4 (depending on how much you like salad)

Use thin-skinned varieties here so you don't have to peel them. Delicata is my top pick for this salad, but dumplings carnival, honeynut, or acorn also work well.

For the roasted squash:

- 2 delicata squash (can also use acorn, carnival, or dumpling varieties)
- Olive oil
- 1 teaspoon honey
- Kosher salt and freshly ground pepper

For the dressing:

- 2 teaspoons honey mustard
- 1 tablespoon balsamic vinegar
- Kosher salt and freshly ground pepper
- 2 tablespoons olive oil

For the Quinoa Crunch:

- 2 tablespoons olive oil
- 1/2 cup cooked quinoa, preferably tricolor
- 1/4 cup pepitas or sunflower seeds or a mix

For the salad:

- 4 cups baby arugula
- 1/2 cup mint leaves, torn
- 1 ball of burrata
- Pumpkin seed oil, for drizzling (optional)

1. Heat oven to 425°F. If using delicata squash, cut in half crosswise, and use a melon-baller to scoop out the seeds. Cut into 1/2-inch thick rings. If you don't care about having rings, cut in half lengthwise and scoop out the seeds before cutting into 1/2-inch thick semi-circles. If using other types of squash, cut into 1/2-inch thick wedges or slices.
2. Coat the squash with enough olive oil to coat it, the honey, and salt and pepper to taste. Line a sheet pan with foil and spread the squash out evenly. Roast for about 25 minutes, or until turning golden on the bottom. Turn and cook on the other side for about 10 minutes longer until tender and golden on both sides.
3. Make the dressing: In a small bowl, combine the mustard and vinegar and season with salt and pepper, combine well with a fork or small whisk. Slowly incorporate the oil.
4. Make the Quinoa Crunch: Heat a medium skillet over medium-high heat and add the oil. When it's hot enough to make a little bit of quinoa sizzle, add the quinoa and cook, stirring occasionally, for 2 to 4 minutes, until it's a couple of shades darker and crispy. Add the seeds and cook, stirring, for another 2 minutes or until they are turning golden. Transfer to a paper towel-lined plate to cool, and sprinkle lightly with salt. Set aside.
5. Lightly dress the arugula and most of the mint with some of the dressing, and season lightly with salt and pepper. Arrange on a platter and top with the squash slices. Add the burrata, and sprinkle the quinoa crunch over top. Sprinkle the remaining mint leaves and more dressing over top and finish with pumpkin seed oil, if desired.