

Roasted Delicata and Massage Kale Salad

Serves: 6-8
Cook Time: 40 minutes

Ingredients

- 1 medium delicata squash, seeded and sliced into ¼" thick half moons
- 1 Tb avocado oil
- 1 bunch kale, destemmed
- ¼ tsp kosher salt
- *Dressing*:
  - ½ cup olive oil
  - ¼ cup apple cider vinegar
  - 1 - 2 tsp maple syrup
  - ¼ tsp garlic powder
  - Salt/pepper to taste
- Toppings:
  - ¼ cup raw, unsalted pumpkin seeds
  - ¼ cup dried cranberries or pomegranate seeds



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Directions

- Preheat oven to 400F.
- While oven is preheating, toss the cut delicata squash with 1 Tb of avocado oil.
- Place the oiled squash on a baking sheet lined with parchment paper and roast at 400F for 20-30 minutes (or until soft).
- While the squash cooks, prepare the kale. Remove the stems and tear or chop the kale leaves into bite sized pieces.
- Place the kale pieces in a large bowl and massage with ¼ tsp of kosher salt for 2 minutes, or until kale becomes soft and tender.
- Next, prepare your dressing by whisking together the olive oil, apple cider vinegar, maple syrup, garlic powder, salt and pepper. Taste and adjust seasonings as needed.
- Toss the kale in *half* of the dressing.
- Add in roasted squash, dried cranberries (or pomegranates), and pumpkin seeds.
- Taste the salad. Add more dressing as desired and reserve any remaining dressing in the fridge for up to one week.

Culinary Tip: You can replace the delicata squash with cubed, roasted butternut squash or fresh, raw diced apples.

Nutrition Tip: Winter squash, like delicata, is high in beta-carotene – a compound important for good vision, immune function and protection against certain types of cancer.

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