

# Roasted Delicata Squash and Kale Salad

- 1 Cut the Delicata squash in half lengthwise and scoop out the seeds. Leave the skin on, and slice each half into 1/4"-1/2" half-moons.
- 2 Toss with 1-2 Tbs oil and 1/4 tsp salt.
- 3 Toss the sliced shallots in 1 Tbs oil and a dash of salt.
- 4 On separate sheet pans, spread the vegetables in a single layer on parchment lined sheet pan and roast until brown around the edges- 10-20 min at 400°F.  
(Separately is best, but not the end of the world if they cook together on the same sheet.)

- 5 Once the vegetables are roasted and cooled, place the kale, goat cheese, oil, maple syrup and juice of at least half the lemon together in a bowl and mix with your hands until the kale is evenly coated with the dressing and the cheese.
- 6 Add the roasted squash and shallots, the craisins and the nuts. You may want to add more lemon if you like a tangier dressing.
- 7 Salt to taste. Salt brings out the sweet in the maple syrup, so if it's not balanced to your liking, try salt before adding more acid or sweet.



Two bunches  
Lacinato Kale

or



8oz (approx)  
Baby Kale



8oz (approx)  
Arugula



Two bunches  
Curly Kale



8oz (approx)  
Baby Spinach



One small  
Delicata Squash  
(Cut into 1/4" half  
moons)

or



Two cups  
Butternut Squash  
(Cubed)



One Large  
Sweet Potato  
(Roasted)



Three  
Beets  
(Roasted)



Two  
Apples  
(Sliced)



One large  
Shallot  
(Roasted)

or



Three  
Green Onions  
(Sliced)



One  
Leek  
(Sliced)



Five Cloves  
Garlic  
(Roasted)



1/2 cup  
Toasted Pecans

or



1/2 cup  
Almonds  
(Sliced)



1/2 cup  
Hazlenuts  
(Crushed)



1/2 cup  
Sunflower  
Seeds



1/2 cup  
Pumpkin  
Seeds



1/4 cup  
Craisins

or



1/4 cup  
Pomegranate  
Seeds



1/2 cup  
Blueberries



1/2 cup  
Grapes  
(Cut in half)



2oz  
Goat Cheese  
(Crumbled)

or



2oz  
Blue Cheese  
(Crumbled)



2oz  
Feta Cheese  
(Crumbled)



2oz  
Parmesan  
Cheese



2oz  
Tahini  
(for vegans)



One  
Lemon  
(Juiced)

or



2oz  
Apple Cider  
Vinegar



2oz  
Balsamic  
Vinegar



2oz  
Sherry  
Vinegar



2Tbs  
Maple Syrup

or



2Tbs  
Fig Jam



2Tbs  
Orange  
Marmalade



2Tbs  
Agave



2Tbs  
Honey



1/4 cup  
Olive Oil

or



1/4 cup  
Avocado Oil



1/4 cup  
Walnut Oil