

Autumn Delicata Squash Salad

Instructions

1. Preheat the oven to 425 degrees.
2. Slice the squash in half lengthwise. Remove the seeds and stringy flesh with a spoon, then slice the squash into half inch-thick pieces.
3. In a large bowl, combine the maple syrup, olive oil, chili powder, cinnamon, cumin, paprika, and salt. Whisk to combine, then add the squash slices to the mixture and toss well.
4. Arrange the squash on a rimmed baking sheet. Roast for 25 minutes, stirring once after about 12 minutes. In the final 5 minutes of baking, sprinkle the pumpkin seeds onto the baking sheet. Stir the seeds and squash together so that the spices coat the seeds.
5. While the squash is roasting, place the sliced shallots in a small bowl and toss them with apple cider vinegar. Let stand for at least 25 minutes, until you're ready to assemble the salad.
6. In a jar with a fitted lid or a bowl, combine all of the ingredients for the maple-mustard dressing. Shake the jar or whisk the ingredients to combine. Set aside.
7. Place the chopped kale into a large bowl. Add 1 to 2 tbsp of dressing and gently massage the dressing into the kale leaves until they soften (about 15 seconds).
8. Transfer the kale to a large serving platter and top with the roasted squash, pumpkin seeds, avocado, goat cheese, and pomegranate seeds. Drain the vinegar from the shallots and sprinkle the pickled shallots over the top of the salad. Drizzle the salad with the remaining dressing.

Notes

- The dressing can be prepared and refrigerated up to three days in advance. Just be sure to mix it again before adding it to the salad.
- The squash can be sliced and seasoned up to one day ahead.
- Leftovers can be stored in an airtight container in the refrigerator for up to two days. Kale is robust enough that it can be dressed in advance without wilting.

Ingredients

Salad Ingredients:

- 1 lb delicata squash
- 1 tbsp maple syrup
- 2 tbsp extra-virgin olive oil
- ½ tsp chili powder
- ¼ tsp ground cinnamon
- 1 tsp ground cumin
- ½ tsp hot or smoked paprika
- ½ tsp kosher salt
- ¼ cup pumpkin seeds
- 1 small shallot, very thinly sliced
- 2 tbsp apple cider vinegar
- 1 bunch lacinato kale, stems and ribs removed, chopped (or substitute with mixed greens, baby kale, or romaine)

- 1 ripe avocado, sliced or cubed
- ¼ cup crumbled feta, goat, or cotija cheese
- ¼ cup pomegranate seeds

Maple-Mustard Dressing Ingredients:

- 3 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- 2 tbsp tahini
- 1 tbsp maple syrup
- 2 tsp Dijon mustard
- 1 tsp fresh thyme leaves
- ½ tsp kosher salt
- ¼ tsp cayenne pepper

Grocery List

Spices/Canned Goods/Grocery

- Chili powder
- Ground cinnamon
- Ground cumin
- Hot or smoked paprika
- Kosher salt
- Cayenne pepper
- Pumpkin seeds
- Crumbled feta, goat, or cotija cheese
- Apple cider vinegar
- Maple syrup
- Extra-virgin olive oil
- Tahini
- Dijon mustard

Produce

- Delicata squash
- Shallot
- Lacinato kale (or substitute with mixed greens, baby kale, or romaine)
- Avocado
- Fresh thyme
- Pomegranate seeds

Recipe adapted from [Dishing Out Health](#).