

Recipe Name **Fall Harvest Salad**

Ingredients:

1 bunch of Lacinato (Dinosaur) Kale, stems removed, leaves chopped and massaged with lemon juice

1 small butternut squash, peeled, seeded, chopped, and roasted

2 cups cooked quinoa

1 cup pomegranate arils

3/4 cups toasted pecans

Dressing:

1/4 cup fresh squeezed organic lemon juice

1/4 cup good quality olive oil

2 Tbsp. Tahini

1/4 cup water

salt and pepper

Directions:

1. Roast butternut squash cubes in a 400 degree oven for 30-40 min., tossing once in middle of cooking time, until browned and caramelized.
2. Cook 1 cup of dried quinoa in 1 1/2 cups water or broth for 10 min. Leave lid on and let steam in pot for another 10 minutes after cooking.
3. Toast pecans in dry pan on your cooktop until they begin to give off a toasty scent. Be careful not to burn them.
4. Massage chopped kale leaves with a Tbsp. of lemon juice for 2-3 minutes to break down and tenderize the leaves.
5. Place all dressing ingredients in the blender and blend until fully incorporated
6. Place kale in large bowl, top with squash, quinoa, pecans, and pomegranate arils. Drizzle with salad dressing. Toss well. Salt and pepper to taste. Serve with extra dressing.