

Recipe Name Winter Salad with Delicata Squash and Spiced Pecans

Ingredients: 1 bunch of kale (I like green/purple kale in this, but any variety works)
 1 Delicata Squash
 1-8oz. bag of pecan halves, unsalted
 ½ cup dried cranberries (no sulfur and unsweetened if possible)
 ¼ cup white balsamic vinegar
 ¼ cup extra virgin olive oil
 ½ cup walnut pieces
 2 Tbsp. white miso
 ½ cup filtered water
 Spices for Pecans:
 Kosher salt, cumin, cayenne, paprika, cinnamon, coriander, and coconut sugar
 1 egg white, beaten till frothy

Directions

1. Prepare Spiced Pecans: Preheat oven to 300 degrees. Prepare a 1/2 sheet pan by lining it with parchment paper. In a small bowl, combine 2 tsp. kosher salt, ½ tsp. cumin, 1 tsp. cayenne, 1 Tbsp. paprika, ½ tsp. cinnamon, ½ tsp. coriander and ¼ cup coconut sugar. In a medium sized bowl add 1 egg white and beat until frothy. Add all pecans to beaten egg white and toss until well coated. Add seasoning mixture to nuts and toss well until all nuts are well coated. Pour out onto prepared pan and roast for about 25 minutes, until toasted and crunchy. Let cool completely before storing in an airtight container until use.
2. Roast Delicata Squash: Preheat oven to 400 degrees. Do not peel squash. Simply clean, cut off ends and cut squash lengthwise. Using a tablespoon, scoop out seeds. Then slice each squash ½ into ¼ inch slices. Place squash pieces onto a ½ sheet pan. Drizzle with avocado oil and kosher salt. Toss until well coated and roast for 25-30 minutes until squash is tender and lightly browned on the edges.
3. Make Salad Dressing: Place ¼ cup white balsamic vinegar, ¼ cup olive oil, ½ cup walnut pieces, 2 Tbsp. white miso and ½ cup filtered water into the bowl of your blender. Blend for about 30 seconds until smooth and thickened. Taste and add salt and pepper as needed.
4. Clean and chop kale into thin strips. Drizzle with olive oil, salt, and pepper. Massage kale for 1-2 minutes. Drizzle with about ½ cup of Salad Dressing and toss to coat evenly.



RECIPE

5. Assemble Salad: Place dressed kale in salad bowl. Top with delicata squash, dried cranberries, 1 cup of spiced pecans (save the rest for a later use). Drizzle with more dressing and serve!

Optional additions:

Protein of choice, chopped persimmon, roasted beets, hemp seed hearts, goat cheese (if tolerated)