

WINTER SALAD

Salad Ingredients:

2 cups cubed butternut squash
½ medium red onion, cut into thin wedges
Extra-virgin olive oil, for drizzling
Sea salt and freshly ground black pepper
½-1 bunch curly kale, stemmed leaves torn
½ small radicchio, thinly sliced
6 Brussels sprouts, thinly sliced
¾ cup candied pecans, or toasted pecans
1/3 cup pomegranate arils, or dried cranberries
1/3 cup shaved Parmesan

Apple Cider Vinegar Dressing Ingredients

¼ cup apple cider vinegar
1 t maple syrup or honey
1 garlic clove, grated
1/3 t Dijon mustard
¼ t sea salt
Freshly ground black pepper
¼ cup extra-virgin olive oil

Directions:

Preheat the oven to 425oF and line a baking sheet with parchment paper, for easy clean up.

Place the squash on one side of the baking sheet and the onion wedges on the other. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat and spread evenly on the baking sheet. Roast for 20 to 35 minutes, or until tender and golden brown around the edges. Remove the onions before the squash if needed. Pull apart the onion layers.

Place the kale in a large bowl and drizzle with some of the dressing. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by half.

Add the radicchio, Brussels sprouts, roasted squash, onions, and remaining dressing. Toss well, then top with the pecans, pomegranates (or cranberries), and cheese. Gently toss, Season to taste and serve.

Apple Cider Dressing Recipe Directions

In a small bowl, whisk together the apple cider vinegar, maple syrup, garlic, mustard, salt and several grinds of pepper. Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified. Alternatively, combine everything in a jar with a tight-fitting lid and shake to combine.

Recipe: LoveandLemons.com