

delicata squash autumn salad

Ingredients

1 delicata squash
1 granny smith apple, diced
1 bunch of kale
1 cup cooked farro
½ cup crumbled goat cheese
¼ cup toasted pepitas
⅓ cup olive oil
1 Tbs red wine vinegar
1 Tbs lemon juice
1 small shallot, diced
1 clove garlic, minced
1 tsp honey

Instructions

1. Preheat oven to 400.
2. Cut squash in half and remove seeds. Slice into ½ inch pieces.
3. Roast on a greased baking sheet for 20 minutes or until tender.
4. Remove ribs from kale and tear with hands into smaller pieces.
5. Whisk oil, vinegar, lemon juice, garlic, shallots and honey until combined.
6. Toss kale and dressing in a large mixing bowl.
7. Add cheese, apple, cooled squash, farro and pepitas to kale. Toss to combine.
8. Enjoy!

