

This vibrant salad is packed with nutrient - fiber - rich kale and protein - dense squash and is hearty enough to be served on its own. Lacinato, Tuscan, red, green, or baby kale are available at the corner produce store. Choose your favorite variety or swap out hearty kale ribs for bitter greens. Roast off your squash of choice. Depending on availability, acorn, butternut, or delicata squash are my go-to picks for full flavor and texture in every bite. Roast off extra squash and freeze for a quick and flavorful addition to any salad.

ROASTED SQUASH & KALE

Salad with Green Goddess Dressing

INGREDIENTS

SALAD

1-1 ½ cups/250 - 375 ml squash, roasted, cubed
2 bunches kale; washed, ribs removed, chopped
¼ cup/60 ml dried cranberries
¼ cup/60 ml toasted almonds, slivered
Salt, to taste
Cracked rainbow pepper, ground, to taste

GREEN GODDESS DRESSING

1 medium ripe avocado
¼ cup/60 ml plant-based mayonnaise
3 tbsp/45 ml each: fresh chopped parsley, chives, fresh basil, and tarragon, to taste
2 tbsp/30 ml fresh lemon juice
2 tbsp/30 ml chopped shallots or 2 - 3 stalks scallion, white and green parts, diced
1 tbsp/15 ml chopped capers, to taste
1 large clove garlic, peeled, rough chop
Salt and pepper, to taste
3 tbsp/45 ml + or - water, adjust for desired consistency

METHOD

Roast Squash

Preheat the oven to 375°F/190°C. Cut the acorn squash in half lengthwise. Remove the seeds and score cross-hatch marks on both halves. Brush with oil and lightly season with salt and pepper. Transfer to a rimmed baking sheet, cut side down, wrap the sheet with foil, and roast for 30-45 minutes or until the squash is tender and easily pierced with a fork. Remove skin and chop into bite-sized chunks.

Prepare dressing.

Place all of the ingredients in a blender bowl and blend. Adjust seasoning and add more water to thin and reach the desired consistency. Pour dressing into an airtight container and refrigerate for up to one week. Whisk before using.

In a large serving platter or salad bowl, toss together the kale, cooked squash chunks, cranberries and toasted almonds. Drizzle generously with Green Goddess Dressing.

