

Roasted Squash, Pomegranate and Arugula Salad

Salad Ingredients:

- 2 medium delicata squash
- 1 tablespoon olive oil
- Fine-grain sea salt
- 4-6 cups arugula (or mixed baby greens)
- 2/3 cup pomegranate seeds (or dried cherries/cranberries)
- 1/3 cup pumpkin seeds (or pecans)
- 3 to 4 ounces feta cheese, crumbled

Dressing Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon real maple syrup
- 1/2 teaspoon Dijon mustard
- freshly ground black pepper

Directions:

- Preheat the oven to 425 degrees F. Wash the squash and scrape off any tough bits of skin with a knife. Slice the squash into 1/2-inch wide rounds. Use a spoon to scoop out the seeds from each round. Drizzle the squash with a generous tablespoon of olive oil and a sprinkle of sea salt. Use your fingers to lightly coat all surfaces of the squash with olive oil. Bake for about 30 minutes or until the squash is tender and golden, flipping halfway.
- In a medium skillet over medium-low heat, toast the pumpkin seeds (or pecans), stirring frequently, until they are fragrant and lightly golden on the edges. Remove from heat.
- In a small bowl, whisk together the olive oil, apple cider vinegar, maple syrup and Dijon mustard with a pinch of salt and pepper.
- Once the squash has had a few minutes to cool, combine the arugula, pomegranate (or dried fruit), pumpkin seeds (or pecans), crumbled feta, and squash in a serving bowl. Toss with enough dressing to lightly coat the leaves. Serve immediately

