

Kale, Butternut Squash and Pomegranate Salad

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/kale-butternut-squash-and-pomegranate-salad/>

Ingredients

1 large butternut squash (about 3 pounds), peeled, cut into 3/4" cubes
¼ cup olive oil, divided
5 cloves garlic
½ teaspoon turmeric
¼ teaspoon salt
Freshly ground black pepper, to taste
½ cup chopped walnuts (this can also be substituted with pumpkin seeds or sliced almonds)
2 large bunches Tuscan kale, stemmed and thinly sliced
¼ cup lemon juice, divided
Sea salt, to taste
1 tablespoon apple cider vinegar
1 teaspoon pure maple syrup
1 tablespoon Dijon mustard
1 shallot, finely chopped
1 cup pomegranate seeds

Instructions

1. Preheat oven to 400°F.
2. Place squash cubes on baking sheet, drizzle 1 tsp. olive oil over squash. Add whole garlic cloves, turmeric and salt and pepper, to taste. Toss to evenly coat squash with oil and spices. Spread cubes evenly around pan and roast for 30-40 minutes until squash is tender.
3. While squash is roasting, heat 1 tsp. olive oil in small skillet over medium-high heat. Add walnuts and cook, stirring occasionally until golden brown, 2–3 minutes. Set aside.
4. Place kale in bowl. Add 2 Tbsp. lemon juice and pinch of sea salt and massage into kale to wilt. Set aside.
5. When squash and garlic are cooked, remove garlic and put squash in a separate bowl. Add remaining olive oil, lemon juice, vinegar, syrup, mustard and shallot; pulse in food processor until smooth to create a dressing.
6. In large mixing bowl, combine kale with about 3/4 of dressing, and toss until kale is lightly coated. Add more dressing to taste and reserve any leftover for another use.
7. Add roasted squash and pomegranate seeds to kale; toss to combine. Transfer to serving bowl; top with toasted walnuts.

Makes about 8 servings, 1 ½ cup each.

Nutrition information per serving

Calories: 200	Sodium: 110 mg
Total Fat: 11 g	Protein: 6 g
Saturated Fat: 1.5 g	Total Carbohydrates: 24 g
Trans Fat: 0 g	Dietary Fiber: 6 g
Cholesterol: 0 mg	Total Sugars: 9 g