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Simply Seasonal

Spicy Butternut & Kale Salad

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Spicy Butternut & Kale Salad

1 ½ T. olive oil
1.5 lb. butternut squash*,
peeled, seeded and cubed
2 T. coconut oil or olive oil
2 ¼ t. taco seasoning
1 large bunch kale*
3 green onions*, thinly
sliced
1/4 c. toasted pumpkin
seeds*

Dressing:

Juice of one lime
3 T. olive oil
1 T. honey*
½ t. sea salt
Pepper to taste

Directions:

1. Preheat oven to 400° F.
2. Place the squash on a cookie sheet; drizzle with olive oil and taco seasoning. Toss to coat and spread in an even layer. Roast in the upper third of the oven for 25 minutes or until just softened and the edges begin to brown. Remove and cool completely.
3. Remove the stems from the kale and chop leaves into bite-sized pieces. Put them into a large mixing bowl with the green onions.
4. Whisk dressing ingredients together, pour over the kale and massage with your hands to soften the leaves. Toss the pumpkin seeds and cooled squash with the greens to combine.

*can be found locally