

BUTTERNUT SQUASH SALAD WITH POMEGRANATES AND PUMPKIN SEEDS

SERVES 6-8

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1/3 cup raw hulled pumpkin seeds (pepitas) or chopped pecans
1/4 cup unrefined, cold-pressed extra-virgin olive oil + 1 teaspoon
1 3-pound butternut squash, peeled, seeded and cut into 3/4 -inch dice
1 Tablespoon fresh thyme leaves or 2 teaspoons chopped fresh rosemary
Sea salt and freshly ground black pepper
8 ounces mixed baby greens
1/2 cup fresh pomegranate seeds

Dressing:

2 Tablespoons fresh lemon juice
2 Tablespoons fresh pomegranate juice (or orange juice)
1/2 teaspoon sea salt
A few twists of freshly ground black pepper
2 teaspoons minced shallot
2 teaspoons maple syrup or raw honey
6-7 Tablespoons cup unrefined, cold-pressed extra-virgin olive oil

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1. Preheat oven to 400 degrees.
2. Place the pumpkin seeds in a skillet and toast over low heat until lightly browned. Drizzle with 1 teaspoon olive oil and a pinch of sea salt. Remove from heat and set aside. Try not to eat them all while you're cooking everything else.
3. Toss the squash with thyme and olive oil and place on 2 baking sheets. Season with sea salt and pepper. Roast for 35-40 minutes, turning once until tender and caramelized.
4. For the dressing: in a small bowl combine lemon juice, pomegranate juice, shallot, maple syrup, sea salt and pepper. Whisk in olive oil until emulsified.
5. Place salad greens on a platter and toss with enough dressing to coat lightly. Separately drizzle the butternut squash with some dressing and add to the greens. Sprinkle with the pomegranate seeds and pumpkin seeds. Taste for salt and pepper.

Notes: Dressing can be made a few days ahead and kept refrigerated.

Pumpkin seeds can be toasted the day before.

Salad greens can be washed and dried a few days in advance and rolled up in a damp kitchen towel or plastic bag and kept in the refrigerator.

Butternut squash can be cut up the day before and kept refrigerated.

Pomegranate can be seeded several days in advance and kept refrigerated.