UofL Health Promotion Office Featured Recipe
Use the abundant local veggies from Farmers’ Markets to make a luscious and nutrient-dense meal…quickly!

Fall Harvest Salad!

Ingredients:

**Salad**
1 large butternut squash (peeled and cubed)  
2 Tbsp extra virgin olive oil, divided  
Sea salt and black pepper (to taste)  
½ cup chopped pecans  
1 bunch of kale (chopped)  
1 large apple (cored and roughly chopped)  
½ cup dried cranberries

**Maple Vinaigrette**
2 Tbsp pure maple syrup  
1/4 cup extra virgin olive oil (optional)  
1 tsp Dijon mustard  
1 Tbsp apple cider vinegar  
Pinch of sea salt

Preparation:
• Preheat oven to 425° F. Spread the squash out on a large baking sheet and mix with 2 tablespoons of olive oil, salt, and pepper. Roast for 35 minutes, toss the squash, and roast for another 15 to 20 minutes, or until browned and softened.
• In a small bowl whisk together all of the maple vinaigrette ingredients until everything is evenly incorporated and emulsified.
• In a large bowl, toss the kale with a pinch of sea salt and massage until the kale turns dark green and glossy, about 2-3 minutes.
• Top the kale with the squash, apples, cranberries, and pecans. Drizzle the maple vinaigrette over the top of the salad before serving while the squash is still warm.
• Serve and enjoy!

More recipes from UofL Health Promotion Office:  
[www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes](http://www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes)

Chef Mat’s website has more recipes for fresh fall veggies and fruits:  
[www.junehealthandwellness.com](http://www.junehealthandwellness.com)