

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
- ¼ 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

Chef Mat's website has more recipes for fresh fall veggies and fruits:

www.junehealthandwellness.com