

New England Autumn Kale Salad

Serves: 6-8

Raw, cooked vegetables, and apples shine in this delicious salad that is wonderful on its own or as an accompaniment to roasted meats such as chicken, turkey, or pork.

It's our family's go to salad throughout the fall and winter and provides a healthy, colorful holiday side dish that can be made in the morning before a turkey or roast goes in the oven or the day before (add seeds/nuts just before serving).



Apart from being an all-around superfood and the main star of this recipe, kale is an excellent methylation supporting food! Coupled with other methylation-balancing ingredients such as pumpkin seeds and apples, this recipe is not only delicious but nutritious.

Salad Ingredients:

- 1 medium, peeled butternut squash or unpeeled delicata squash seeded and cut into $\frac{1}{2}$ - $\frac{3}{4}$ " cubes
- 1 medium red onion, peeled and cut into 12 wedges (keep core intact)
- 1 T avocado oil
- 1 tsp dried thyme
- Salt and pepper
- 1 large bunch kale, stemmed, washed, and chopped (about 8 cups packed). Freeze the stems to use in broths, soups, or stews.
- 1 whole apple, unpeeled, chopped (or $\frac{1}{2}$ cup pomegranate seeds or dried cranberries)
- $\frac{1}{4}$ cup toasted pepitas (or roasted squash seeds or toasted walnut pieces)

Dressing Ingredients:

- 3 T apple cider vinegar, divided
- 1 tsp Dijon mustard
- 1 tsp pure maple syrup
- $\frac{1}{4}$ cup extra virgin olive oil

Directions:

- Preheat the oven to 400°F.
- Prepare squash and onion, place on a parchment lined roasting pan, add 1 T avocado oil, a large pinch of salt, fresh ground pepper, and thyme. Toss to combine and spread out evenly on the pan.
- Place in the oven and roast for about 30 minutes or until soft, but not mushy.
- While squash is cooking, wash, destem, and chop kale.
- Add kale to a large salad bowl with 1 T apple cider vinegar and pinch of salt. Massage kale with fingers until the kale breaks down and looks slightly wilted.
- Chop apple, add to bowl, and toss.
- Mix dressing ingredients using 2 T vinegar (or more as desired).
- Add hot cooked vegetables and dressing to bowl and toss.
- Top with pepitas/nuts. Add salt, pepper, and/or more vinegar to taste.

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