

# Winter Harvest Salad

A warm winter salad to help you warm up! Enjoy!

- Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
- Slice the squash in half and scrape out the seeds. Cut the squash into  $\frac{1}{2}$ -inch slices and toss with the 2 tablespoons of oil, salt, and cinnamon. Place the squash on the lined baking sheet and roast for 40 minutes, until fork-tender. Once done, let cool for 5 to 10 minutes. (There's no need to peel the skin of kabocha squash; it's edible!)
- While the squash is roasting, massage the kale with the 1 tablespoon of oil for 1 to 2 minutes, until evenly coated. Set aside.
- In a small sauté pan over medium-low heat, toast the pecans until lightly browned and fragrant, about 5 minutes, stirring often to ensure that they don't burn.
- Assemble the salad: Divide the kale between two plates or place it in a large serving bowl. Top with the roasted kabocha squash, pomegranate seeds, and toasted pecans. Dress the salad with dressing and serve immediately.

Salad Dressing:

- Place all the ingredients in a blender and blend until smooth

Recipe from:

<https://cookeatpaleo.com/kale-salad-maple-balsamic-dressing/>