Autumn Delicata Squash Salad



Autumn Delicata Squash Salad with sweet and spicy roasted squash, crisp greens, avocado, and pomegranate tossed in a lively maple-mustard dressing. Enjoy this beautiful, nutritious salad as a side dish or the main event.

Prep Time	Cook Time	Total Time
20 mins	25 mins	45 mins

★★★★★
5 from 40 votes

Course: Salad, Side Dish Cuisine: American
Diet: Gluten Free, Vegetarian Servings: 4 Author: Jamie Vespa MS, RD

Equipment

- Large rimmed baking sheet
- Mixing bowls

Ingredients

- 1 lb. delicata squash
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. maple syrup
- 1 tsp. ground cumin
- 1/2 tsp. chili powder
- 1/2 tsp. smoked paprika
- 1/2 tsp. kosher salt
- 1/4 tsp. ground cinnamon
- 1/4 cup pumpkin seeds
- 1 small shallot, very thinly sliced
- 2 Tbsp. apple cider vinegar
- 1 bunch lacinato kale, stems and ribs removed, chopped (sub mixed greens, baby kale, or romaine)
- 1 ripe avocado, thinly sliced
- 1/4 cup crumbled goat cheese or feta
- 1/4 cup pomegranate arils

Creamy Maple-Mustard Dressing

- 3 Tbsp. extra-virgin olive oil
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. tahini
- 1 Tbsp. maple syrup

- 2 tsp. Dijon mustard
- 1 tsp. fresh thyme leaves
- 1/2 tsp. kosher salt
- 1/8 to 1/4 tsp. cayenne pepper *(depending on desired spice)*

Instructions

1. Preheat oven to 425ºF.

   Sliced squash in half lengthwise. Use a spoon to scrape out the seeds and stringy flesh. Slice the squash halves crosswise into 1/2-inch thick half moons.

   In a large bowl, combine olive oil, maple syrup, cumin, chili powder, paprika, salt, and cinnamon; whisk to combine. Add squash slices and toss well to coat.

   Arrange squash on a rimmed baking sheet. Roast for 25 minutes, tossing once halfway through. During the final 5 minutes, scatter pumpkin seeds on baking sheet. Toss with squash to allow the spices to coat seeds.
2. While the squash roasts, place shallots in a small bowl and toss with apple cider vinegar. Let sit until ready to assemble salad (at least 25 minutes).
3. Prepare Creamy Maple-Mustard Dressing by combining all dressing ingredients in a jar with a fitted lid or bowl. Shake, or whisk well to combine. Set aside.
4. Place chopped kale in a large bowl. Add 1 to 2 Tbsp. dressing and gently massage dressing into kale leaves just long enough so they soften (about 15 seconds).

   Transfer kale to a large serving platter and top with roasted squash and pumpkin seeds, avocado, goat cheese, and pomegranate. Drain vinegar from shallots, and scatter pickled shallots overtop. Drizzle salad with remaining dressing.

Notes

- **Make-Ahead:** The dressing can be prepared and refrigerated up to 3 days in advance. Just give it a good shake before dressing the salad.
  - You can also slice and season the squash up to 1 day ahead.
- **Store:** Transfer leftovers to an airtight container and refrigerate for up to 2 days. The kale is hearty enough to handle being dressed in advance without wilting.

Nutrition

Serving: 1.5cups | Calories: 400kcal | Carbohydrates: 30g | Protein: 10g | Fat: 27g | Saturated Fat: 3.5g | Sodium: 830mg | Fiber: 6g | Sugar: 9g