

## SALAD: Delicata Squash, Pomegranate, and Arugula

Recipe courtesy of **Mary E. Hyer, RD, LDN, CCRP**, who always recommends having a wonderful salad to enhance one's meal. "It can take up 50% of your plate to enjoy family traditions in moderation," she says.

### Ingredients

- 1 delicata squash
- Pinch of kosher salt
- 5 ounces (about 5 heaping cups) arugula, kale, or mixed baby greens
- Arils from 1 pomegranate (about 1 cup) or a generous handful of dried cherries or cranberries
- ½ cup raw pepitas (green pumpkin seeds)

### DRESSING:

- 1 tsp maple syrup
- 2 tbsp balsamic vinegar
- 1 tsp Dijon vinegar
- 1 tbsp water

### Directions:

Preheat the oven to 400 degrees F. Line a baking sheet with parchment. Wash the squash and scrape off any tough bits of skin with a knife. Slice the squash lengthwise. Use a spoon to scoop out the seeds from each half. Sprinkle each half with a dash of salt (optional). Place on parchment, open side down/ skin side up. Bake for about 25 to 30 minutes or until the squash is tender and golden.

To prepare the dressing: In a small bowl, whisk together the olive oil (optional), balsamic vinegar, maple syrup, Dijon mustard, and salt. Season generously with black pepper, to taste.

Once the squash has cooled for a few minutes, combine the arugula (green of choice), pomegranate, pepitas, and squash in a large serving bowl. When you're ready to serve, drizzle in the dressing and gently toss to combine. Serve promptly. Add quinoa or farro for a complete meal or cannellini beans for a wonderful protein and soluble fiber source.