



sweet squash, pear & spicy pecan salad

One bite of sweet roasted squash, spicy pecans and juicy pears and you won't be able to put your fork down.

SERVES: 6-8



julie albert & lisa gnat

ingredients

Spicy Pecans

- 1 cup coarsely chopped pecans
- 1 tbsp olive oil
- 1/4 tsp ground cumin
- 1/4 tsp ground cinnamon
- 1/4 tsp chili powder
- 1/8 tsp cayenne pepper, optional

Sweet Squash

- 3 cups peeled and cubed butternut squash
- 2 tbsp olive oil
- 2 tbsp maple syrup
- 3/4 tsp kosher salt

Vinaigrette

- 3 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- 1 tbsp packed brown sugar
- 1/4 tsp kosher salt
- 1/4 cup olive oil
- 8 cups loosely packed mixed salad greens
- 2 large pears, cored and thinly sliced
- 1/2 cup dried cranberries

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directions

1. Preheat oven to 450°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray.
2. For the pecans, in a small bowl, toss pecans with olive oil, cumin, cinnamon, chili powder and cayenne. Spread pecans out on prepared baking sheet. Bake 5 minutes or until lightly toasted. Set aside to cool.
3. For the squash, line a baking sheet with aluminum foil and coat with non-stick cooking spray. In a medium bowl, toss cubed squash with olive oil, syrup and salt. Spread on prepared baking sheet and roast for 20 minutes, stir and continue to cook for an additional 5-10 minutes until squash is tender and lightly browned. Set aside to cool.
4. For the dressing, in a small bowl, whisk vinegar, Dijon mustard, brown sugar and salt. Continue to whisk, slowly adding olive oil until combined.
5. In a large serving bowl, gently toss salad greens with 2 tbsp of dressing to lightly coat. Add pecans, squash, pears and dried cranberries. Drizzle salad with remaining dressing.

“To make a good salad is to be a brilliant diplomatist. The problem is entirely the same in both cases — to know exactly how much oil one must put with one’s vinegar.”

— OSCAR WILDE

