



Roasted Squash Salad



prep time
15 minutes



total time
45 minutes



servings
6

Ingredients

Salad

- Meat from 1 rotisserie chicken
~ 12 to 15 protein servings
- 2 medium delicata squash
(about 2 pounds/900 grams total)
~ 4 carb servings
- 1 tablespoon extra virgin olive oil
~ 1 fat serving
- Pinch of fine salt
- 5 ounces (about 5 heaping cups)
arugula or mixed baby greens
~ 2 veggie servings
- Arils from 1 pomegranate (about 1 cup)
or a generous handful of dried cherries
or cranberries ~ 1 carb serving
- 1/3 cup raw pepitas (green pumpkin
seeds) or chopped pecans
~ 1 fat serving
- 3/4 cup/ crumbled feta cheese or goat
cheese ~ 3 protein servings, 1 fat serving

Maple-balsamic vinaigrette

- 3 tablespoons extra virgin olive oil
~ 3 fat servings
- 1 1/2 tablespoons balsamic vinegar
- 2 teaspoons maple syrup
~ 1/2 carb serving
- 1 teaspoon Dijon mustard
- 1/4 teaspoon fine salt
- Freshly ground black pepper, to taste

🍂 fall salad

Instructions

- 1 Preheat the oven to 425 degrees F. Wash the squash and scrape off any tough bits of skin with a knife. Slice the squash into 1/2-inch wide rounds. Use a spoon to scoop out the seeds from each round. Drizzle the squash with a generous tablespoon of olive oil and a sprinkle of salt. Use your fingers to lightly coat all surfaces of the squash with olive oil. Bake for about 30 to 35 minutes or until the squash is tender and golden, flipping halfway.
- 2 In a medium skillet over medium-low heat, toast the pepitas or pecans, stirring frequently, until they are fragrant and lightly golden on the edges, about 3 to 5 minutes. Remove from heat.
- 3 To prepare the dressing: In a small bowl, whisk together the olive oil, balsamic vinegar, maple syrup, Dijon mustard and salt. Season generously with black pepper, to taste.
- 4 Remove chicken meat and chop/shred.



- 5 Once the squash has cooled for a few minutes, combine the arugula, pomegranate, pepitas, crumbled feta, chicken and squash in a large serving bowl. When you're ready to serve, drizzle in the dressing and gently toss to combine. Serve promptly.

Whole Recipe Breakdown:
15-18 Servings Protein
5 1/2 Servings Carb
6 Servings Fat
2 Servings Veggies