

WELLNESS FEAST HOLIDAY ROASTED VEGETABLE SALAD

This salad can be assembled (without the dressing) a few hours in advance and kept in the fridge. When I'm taking the salad to someone's house, I roast the veggies in the morning and put them in a large ziplock bag after they've cooled, then assemble the salad when I get there. Bring it to room temperature and add the dressing before serving.



INGREDIENTS

- 1 or 2 butternut squash, peeled and cubed (you can buy this already done at the grocery store ~ reduce holiday stress!)
- 1 1/2 pounds Brussels sprouts, halved
- 1 large red onion, peeled and chopped into large pieces
- 4 - 5 tablespoons olive oil
- salt + pepper to taste
- 1 1/2 cups plain or candied walnuts or pecans (I get candied nuts at Wegmans)
- 6-8 cups baby kale or baby spinach (I use both)
- Seeds from from 1-2 pomegranates
- 6 ounces crumbled goat cheese

FIG BALSAMIC CITRUS DRESSING

- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tablespoon fig preserves
- 2 teaspoons orange zest + 2 tablespoons freshly squeezed orange juice
- dash of cayenne pepper
- salt and pepper to taste

INSTRUCTIONS

1. Preheat the oven to 400 degrees F.
2. Toss the butternut squash, Brussels sprouts and red onions together with olive oil and a good pinch of salt and pepper. Spread in an even layer on a parchment-lined baking sheet. (You may need to use two baking sheets and cook them in batches). Roast for 25-40 minutes or until lightly charred and fork tender. Allow to cool before adding to the salad.
3. Add the greens to a large bowl. Add the pomegranate seeds, cooled roasted veggies, nuts and crumbled cheese (reserve some of the nuts and goat cheese for topping). Give the salad a gentle toss.
4. To make the dressing, combine the olive oil, balsamic vinegar, fig preserves, orange zest and juice, pinch of salt and pepper, and a small dash of cayenne pepper in a bowl or glass jar. Drizzle over salad and gently toss. Top with more goat cheese and nuts for garnish.