

# Roasted Squash Winter Salad

## INGREDIENTS

### SALAD

- 3 cups butternut squash, cubed
- 1 tablespoon maple syrup
- 1 tablespoon fresh rosemary, chopped
- 3 cups Brussels sprouts, shredded
- 1 shallot, thinly sliced
- 1 teaspoon fresh thyme
- 2 tablespoons olive oil, divided
- 1 teaspoon salt, to taste, divided
- 1/2 teaspoon pepper, to taste, divided
- 3 cups brown rice, cooked
- 1/2 cup fresh parsley, chopped
- 1/2 cup dried cranberries
- 1/4 cup pumpkin seeds

### DRESSING

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon salt

## DIRECTIONS

1. Preheat oven to 400-degrees. Line two baking sheets with parchment paper or spray with vegetable oil spray.
2. On first prepared baking sheet, toss to combine cubed butternut squash, maple syrup, rosemary, 1 tablespoon of oil, and salt and pepper to taste. Roast for 20-30 minutes until tender, give pan a shake in the middle of baking to roast all sides evenly.
3. On second prepared baking sheet, toss to combine shaved Brussels sprouts, shallot, 1 tablespoon of oil, and salt and pepper to taste. Roast for 15-20 minutes until tender and edges begin to darken - it is okay to have some extra crispy looking bits.
4. In a large bowl, toss together roasted squash and Brussels sprouts and the remaining salad ingredients.
5. Whisk together dressing ingredients in a medium bowl and pour over salad, tossing until well combined.
6. Serve warm or chilled.

Recipe inspiration from Shoemaker, Caitlin. "Fall Farro Salad With Butternut Squash and Brussels Sprouts." From My Bowl, 7 Oct. 2022, [frommybowl.com/fall-farro-salad-butternut-squash](http://frommybowl.com/fall-farro-salad-butternut-squash).



# Roasted Sweet Potato Salad

## INGREDIENTS

### SALAD

- 3 cups sweet potatoes, peeled and cubed
- 1 shallot, thinly sliced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon olive oil
- 1/2 teaspoon salt, to taste
- 1/4 teaspoon pepper, to taste
- 2 cups romaine lettuce, chopped
- 2 cups arugula
- 1 15-ounce can chickpeas, drained and rinsed
- 1/2 cup seasoned pecans, roughly chopped
- 1/2 cup feta cheese, crumbled

### DRESSING

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 2 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon salt

## DIRECTIONS

1. Preheat oven to 400-degrees. Line a baking sheets with parchment paper or spray with vegetable oil spray.
2. On prepared baking sheet, toss cubed sweet potatoes with shallot, rosemary, olive oil, and salt and pepper. Bake for 15–25 minutes until tender and browned around the edges, shaking pan halfway through to brown all sides evenly.
3. In a large bowl, toss together romaine and arugula. Top with chick peas, roasted sweet potatoes, pecans, and feta cheese.
4. In a medium bowl, whisk together dressing ingredients. Serve with salad.

Recipe inspiration from Shoemaker, Caitlin. "Roasted Butternut Squash Salad with Cider Vinaigrette." From My Bowl, 16 Sep. 2022, [frommybowl.com/roasted-butternut-squash-salad](https://frommybowl.com/roasted-butternut-squash-salad).

