



## Maple Roasted Squash Salad

4 servings

35 minutes

### Ingredients

1 Acorn Squash (medium, peeled, seeds removed, sliced)  
3 tbsps Maple Syrup  
Sea Salt & Black Pepper (to taste)  
1/3 cup Pumpkin Seeds  
1 1/2 tps Lime Juice  
1/8 tsp Cayenne Pepper  
1 1/2 tbsps Apple Cider Vinegar  
1/4 cup Extra Virgin Olive Oil  
1 tsp Dijon Mustard  
8 cups Arugula  
1/3 cup Pomegranate Seeds

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Brush the acorn squash slices on both sides with the maple syrup and season with salt and pepper. Place on the baking sheet and bake in the oven for 13 to 15 minutes, flip and cook for another 13 to 15 minutes, until cooked through and slightly golden. Set aside.
- 3 Reduce the oven temperature to 300°F (150°C). Toss the pumpkin seeds with lime juice, cayenne, and a pinch of salt and pepper. Place on the same baking sheet used for the squash. Bake for eight to nine minutes, until toasted. Set aside.
- 4 In a small jar, pour in the apple cider vinegar, oil, dijon mustard, salt, and pepper and shake to combine.
- 5 Place the arugula in a large salad bowl and add the dressing and toss to combine. Top with the squash, pumpkin seeds, and pomegranate seeds. Divide onto plates. Enjoy!

### Notes

**Leftovers:** Store the dressing and salad separately in sealed containers in the fridge for up to three days.

**Serving Size:** One serving is about 2 1/2 cups of salad.