HOLIDAY COOKING DEMO SERIES

Roasted Squash & Kale Salad

This simple Roasted Squash and Kale Salad is filled with hearty seasonal vegetables, and topped with crunchy walnuts, and sweet chewy cranberries. It’s drizzled with a sweet and tangy Cranberry Dijon dressing that highlights the healthy and wholesome flavors of the holiday season.

Ready in 40 minutes | Serves 8 people

**Ingredients**

**Salad**
- 1 pound kale, rinsed, stemmed, and chopped
- 1 acorn squash, rinsed, seeded and diced into 1 inch cubes - you can also use butternut or kabocha squash
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp ground coriander
- 1/2 tsp sea salt
- 1 handful fresh parsley, finely minced
- 1/4 cup dried cranberries - you can also use currants or diced dried apricots

**Cranberry Dijon Dressing**
- 1/3 cup walnut pieces - you can also use pecans, or pumpkin seeds
- 1/4 cup cranberry sauce or preserves
- 1/4 cup Dijon mustard - you can also use whole grain or spicy brown mustard
- 2 Tbsp apple cider vinegar
- 1 Tbsp agave nectar or vegan sweetener of choice
- 1/4 cup olive oil or water
- 1/2 tsp sea salt
- 1 tsp Italian herb seasoning
- 1/2 tsp garlic powder

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Preparation

1. Preheat oven to 425 degrees F.
2. Add diced squash, garlic powder, ground coriander, paprika, and sea salt to a bowl and mix until evenly coated with spices.
3. Line a baking sheet with parchment paper and bake for 25–30 minutes until browned on the edges and tender when pierced with a fork.
4. While squash bakes, add all dressing ingredients to a bowl and whisk until well combined. Set aside.
5. Add kale and minced parsley to a large salad bowl and top with half of the dressing. Toss until evenly coated. Top with roasted squash, walnut pieces, and dried cranberry. Drizzle with remaining dressing and serve.

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