

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

- 1/3 cup walnut pieces - you can also use pecans, or pumpkin seeds

Cranberry Dijon Dressing

- 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



Find more simple and flavorful vegan recipes and resources at afrovegansociety.org

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.



Find more simple and flavorful vegan recipes and resources at afrovegansociety.org