

Roasted Kale and Winter Squash Salad ***Third Place Winner/High School Category**

- 6 cups raw Kale
- 2 T Olive Oil
- 1 cup raw Butternut Squash
- 1 cup raw pumpkin
- ¼ cup pumpkin seeds (from raw pumpkin)
- ½ cup raw apples
- 2 T Balsamic Vinegar
- 1 t Spicy Brown Mustard
- ¼ clove of fresh garlic
- ¼ cup low sodium chicken broth

Directions

Wash and cut kale into bite size pieces. Lightly coat with olive oil. Roast for about 5-10 minutes, until kale becomes a dark green color. Cut the butternut squash and the pumpkin into small sized cubes. Put squash and pumpkin on oiled baking sheets, and roast until they become soft. Coat the pumpkin seeds with oil and roast them until crunchy.

Once the squash and the pumpkin are roasted, cut them into small bite sized cubes.

After all of the components of the salad are completed, cut the apple into small, thin strips. **Preparing the dressing:** Combine balsamic vinegar, spicy brown mustard, garlic, chicken broth, and a small amount of roasted butternut squash in a food processor until creamy. **Plating the salad:** Place a serving of kale on a plate. Next, add a mixture of the squash and pumpkin, and then top off the salad with the roasted pumpkin seeds and the apple strips. Finish off this salad with your dressing.

Calories per portion: 128
Sodium per portion: 61 mg
Fat per portion: 7 grams
Cost per portion: .21

