

Roasted Delicata Squash Salad

The months of November and December are a perfect time for sharing with others the goodness of plant-based eating. Trust me, your gorgeous veggies will always be the first to go, hands down, at every holiday gathering, whether it is at your aunt's house or the office. So don't be shy! Show your stuff this season, and who knows who you might influence in a positive way. I mean, if I can get my brothers to eat kale salad, anything is possible right?

This is a superb starter recipe for those inclined to skip all veggies apart from potatoes, partly because it includes potatoes and also because it happens to be delicious. It's a great introduction to the mild and sweet delicata squash. If you have not fallen in love with it yet, this will surely win you over.

Ingredients

- 1/2 pound small fingerling potatoes, washed and dried
- 3/4 pound delicata squash
- 1/4 cup extra virgin olive oil
- 1/4 cup white miso
- 1 tablespoon harissa paste or 1/2 tablespoon powder
- 3 tablespoons freshly squeezed lemon juice
- 1 1/2 ounce kale, de-stemmed and finely chopped
- 4 radishes, very thinly sliced
- 1 1/2 ounces almonds, toasted pepitas or other toasted nuts

Directions

1. Preheat the oven to 400 F. Cut the delicata squash in half lengthwise, and use a spoon to clear out all seeds. Cut into 1/2-inch wide half-moons. You can leave the peel on these squash.

2. In a small bowl whisk together olive oil, miso, harissa. Place the potatoes and squash in a large bowl with 1/3 cup of the miso-harissa oil. Use your hands to toss well, then turn everything onto a baking sheet. Bake until everything is cooked through and browned, about 25-30 minutes. Toss once or twice along the way.
3. Meanwhile, whisk lemon juice into the remaining miso-harissa oil.
4. Place the warm roasted vegetables in a bowl and toss with the kale mixture, radishes, and almonds.

Enjoy!

Adapted from 101 Cookbooks

Photo by Harald Bischoff