

KALE SALAD WITH ROASTED SQUASH, DRIED CRANBERRIES AND PISTACHIOS

COST PER SERVING \$1.47

HANDS-ON 15 min.

TOTAL 1 hr. 5 min. / SERVES 6

SALAD:

- 1 large butternut squash (2½ to 3 lbs.), peeled, seeded, cut into 1-inch pieces
- 2 Tbsp. olive oil
- Salt and pepper
- 1 bunch Tuscan (lacinato) kale
- ½ cup shelled, toasted, unsalted pistachios, coarsely chopped
- ¾ cup dried cranberries

DRESSING:

- 1 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 small shallot, minced
- 2 Tbsp. olive oil
- 2 Tbsp. vegetable oil
- Salt and pepper

① Preheat oven to 400°F. In a large bowl, toss squash with oil; season with salt and pepper. Spread out in a single layer on a large rimmed baking sheet. Roast, stirring and turning often, until tender and lightly caramelized, 45 to 50 minutes.

② Remove stems and large ribs from kale. Working with a few at a time, stack leaves, roll into a long cylinder and cut crosswise into thin ribbons. Place in a large bowl.

③ Make dressing: Combine vinegar, lemon juice, mustard and shallot in a small bowl. Whisk in both oils until emulsified. Season with ¼ tsp. each salt and pepper.

④ Just before serving, toss kale with dressing. Add squash, pistachios and cranberries. Toss together well and season with additional salt and pepper, if desired.

PER SERVING 350 Cal., 19g Fat (2g Sat.), 0mg Chol., 7g Fiber, 6g Pro., 46g Carb., 455mg Sod.

SQUASH

CHILI-ROASTED ACORN SQUASH

COST PER SERVING 61¢ / HANDS-ON 10 min. / TOTAL 50 min. / SERVES 6

- 2 acorn squash, scrubbed
- 3 Tbsp. olive oil
- 2 tsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. paprika
- Salt and pepper

① Preheat oven to 400°F. Cut each squash in half lengthwise and remove seeds. Trim and discard ends, then cut each half crosswise into slices that are about 1 inch thick.

② Place slices in a large bowl; add oil, chili powder, cumin, paprika, ½ tsp. salt and ¼ tsp.

pepper. Toss to coat. Arrange slices flat on 2 large baking sheets. Roast until lightly browned and tender, turning once, 35 to 40 minutes. Season with additional salt and pepper, if desired.

PER SERVING 120 Cal., 7g Fat (1g Sat.), 0mg Chol., 2g Fiber, 1g Pro., 15g Carb., 229mg Sod.

