

Pumpkin Salad

Pumpkin Recommendation: Asian Heirloom Pumpkin



4 servings



60 minutes

SALAD DRESSING

INGREDIENTS

1/2 Cup Olive Oil

2 Tbsp Honey

1/4 Cup Orange Juice

1 Tbsp Dijon Mustard

1 Garlic Clove Crushed

Salt & Pepper

SALAD INGREDIENTS

1 Small Pumpkin

We recommend an Asian Heirloom

2 Tbsp Olive Oil

2 Tbsp Sugar

3/4 tsp Pumpkin Pie Spice

1/4 Smoked Paprika

Salt & Pepper

Leafy Greens

Apple

Fennel Bulb (Thinly Sliced)

Pine nuts

Feta Cheese

DIRECTIONS

1. Preheat Oven to 375 degrees F.
2. Line a rimmed baking sheet with parchment paper.
3. Cut Pumpkin into 1" thick wedges and remove seeds and fibers. Peel cubes with sturdy vegetable peeler.
4. Place cubes in a large bowl. Toss with vegetable oil. In a separate bowl mix sugar, pie spice, paprika, salt and pepper. Sprinkle over the cubes and toss again.
5. Lay out the cubes on the baking sheet. Bake for around 25 minutes or until tender.
6. While cooking the pumpkin, Combine the dressing ingredients into a mason jar. Seal and shake to mix.
7. Toast Pine Nuts over medium heat until lightly golden.
8. To build the salad; place the greens on a serving platter. Top with the pumpkin (still warm). Add apple and fennel slices then add toasted pine nuts. Top with Feta Cheese crumbles.
9. Drizzle salad dressing over the salad and serve.