
Delicata Squash Salad with Arugula, Blue Cheese and Pecans

from a cooking class with Tarla Fallgatter



Servings: 6

1. Shake the vinaigrette ingredients together in a jar and set aside.
2. Preheat oven to 400°F. Toss squash rings with olive oil, salt and pepper to taste and roast them until tender, turning once, about 20 minutes. Let cool slightly.
3. Toss arugula with vinaigrette to coat the leaves, add dried cranberries and pecans. Divide the arugula between the plates. Add the roasted delicata squash rings to each serving and place a small wedge of the blue cheese on the side.

6 ounces arugula, wild, if possible
4 Delicata squash, cut in 1/2" rings (skin on)
2 tablespoons olive oil
Salt and freshly ground black pepper to taste
8 ounces blue cheese, use a soft one like Castel or Grand Blue (use more if your desire)
1/4 cup dried cranberries
1/3 cup pecans, whole, toasted, or pumpkin seeds
VINAIGRETTE:
2 tablespoons balsamic vinegar
2 tablespoons raspberry vinegar
2 teaspoons honey mustard
6 tablespoons olive oil
Salt and freshly ground black pepper to taste

Per Serving (excluding unknown items): 347 Calories; 33g Fat (83.9% calories from fat); 9g Protein; 5g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 556mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com