ROASTED DELICATA SQUASH WITH TURMERIC TAHINI DRESSING

INGREDIENTS
4-5 Delicata Squash
1 teaspoon cinnamon
1/2 teaspoon cumin
Sea Salt & Pepper
Avocado oil

DIRECTIONS
1. Slice squash lengthwise in half and scoop out seeds. Then slice into halves (will look like crescent moons), about 1/2 inch thick. Coat with 1-2 tablespoons of avocado oil.

TURMERIC TAHINI

INGREDIENTS
1/2 cup tahini
4-6 tablespoons of olive oil
1 teaspoon ground turmeric
Juice of 1 lemon
2 cloves of smashed garlic
1 teaspoon of Dijon mustard
1/2 shallot minced
1 tablespoon apple cider vinegar
Sea salt and black pepper to taste

DIRECTIONS
1. Combine all sauce ingredients in a food processor. Blend until creamy. Add water as needed to get desired consistency.
HOLIDAY MASSAGED KALE SALAD

INGREDIENTS

2 bunches of curly kale
2 watermelon radish, thinly sliced
4 golden beets, peeled and scrubbed

For pepitas:
1 cup of raw pumpkin seeds
1 teaspoon chili powder
1 teaspoon garlic powder
sea salt and pepper

Dressing:
1/4 cup olive oil
4 tablespoons apple cider vinegar
1 teaspoon dijon mustard
1 tablespoon maple syrup
Sea salt and pepper

DIRECTIONS

1. In a bowl, combine spices and pumpkin seeds. Place on a baking sheet and bake at 375 for about 10 minutes or until toasted brown.

2. Whisk together all dressing ingredients.

3. De-stem kale with your hands and chop or tear into bite-sized pieces. Put the radishes and kale in a large bowl.

4. Cut beets into bite-sized cubes and steam or boil until tender. Let cool. Add to kale and radishes. Pour dressing over salad and massage well with hands. Top with toasted pepitas!