



ROASTED DELICATA SQUASH WITH TURMERIC TAHINI DRESSING

INGREDIENTS

- 4-5 Delicata Squash
- 1 teaspoon cinnamon
- 1/2 teaspoon cumin
- Sea Salt & Pepper
- 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. 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.

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!