

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Acorn Squash Salad with Cranberry Vinaigrette

From Chef Hans: “Fuel your engine” with a healthy and beautiful autumn salad that celebrates the pumpkin in all of its incarnations! The acorn squash is a bit more manageable to cook than your traditional pumpkin. The roasted acorn squash makes a great base for this recipe.

Serves 1 - 2

Cranberry Vinaigrette Salad Dressing

INGREDIENTS:

- ¼ cup white balsamic vinegar
- ¼ cup olive oil
- 1-2 cloves garlic, minced
- ¼ teaspoon sea salt
- 1 tablespoon fresh cranberry sauce (featured in Episode 12)

DIRECTIONS:

In a jar with a lid, or mixing bowl with a whisk, combine all ingredients until incorporated. Save in the refrigerator for future use.

Acorn Squash Salad

INGREDIENTS:

- 4 leaves Red Oak lettuce OR Romaine lettuce
- 1 tablespoon quinoa, cooked
- 2 rings of acorn squash, roasted*, and peeled (if preferred)
- Cranberry Vinaigrette, to taste
- ½ tablespoon pumpkin seeds, toasted
- ½ tablespoon feta cheese, crumbled
- ¼ teaspoon, or to taste, pumpkin seed oil for topping (optional)

DIRECTIONS:

On your favorite bowl or plate, layer the lettuce, quinoa, and roasted squash. Drizzle with the vinaigrette. Add the pumpkin seeds, feta, and pumpkin seed oil and season to taste. Enjoy!

*Roasted Acorn Squash: On a parchment lined baking sheet place the rings of squash, season with a pinch of salt & pepper, drizzle with olive oil, and put into a preheated oven at 375 degrees Fahrenheit until knife tender.