

## **Dr. Andrew Weil's Roasted Butternut Squash, Green Apple and Pomegranate Salad with Mixed Greens, Toasted Walnuts and Goat Cheese**



*MAKES 4-6 SERVINGS*

*(pg. 76 in Dr. Weil's True Food cookbook)*

- 1 butternut squash, peeled, seeded and cut into bit-size pieces
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- 6 ounces (about 9 cups) mixed baby greens
- 1 apple, such as Fuji, Gala, or Honeycrisp, cored and sliced
- 5 ounces goat cheese, crumbled
- ¼ cup walnuts, toasted and chopped
- ¼ cup pomegranate seeds
- ½ cup Balsamic Vinaigrette (see below)

1. Preheat the oven to 400 degrees. Line a baking sheet with a silicone baking mat or aluminum foil.
2. In a bowl, toss the squash with the olive oil and salt. Arrange the squash in a single layer on the prepared sheet. Bake for 20 minutes, until the squash is lightly browned. Remove from the oven and let cool for 10 minutes
3. In a salad bowl, toss together the mixed greens, squash, apple, and Balsamic Vinaigrette. Top with the goat cheese, walnuts, and pomegranate seeds before serving.

### **Balsamic Vinaigrette**

*MAKES 1¼ CUPS*

*(pg. 232 in Dr. Weil's True Food cookbook)*

- 1/3 cup balsamic vinegar

¼ teaspoon salt

1/8 teaspoon freshly ground black pepper

2/3 cup extra-virgin olive oil

1. Put the vinegar, salt, and pepper in a food processor or blender.
2. Pulse to combine the ingredients.
3. With the machine running, slowly drizzle in the oil and blend until the dressing is emulsified.
4. Pour into a lidded container and refrigerate until ready to use.
5. Shake well before using.