

Autumn Garden Harvest Salad

1 medium delicata squash, pulp removed and cut into $\frac{1}{2}$ crescent pieces
1 tbsp olive oil
 $\frac{1}{8}$ tsp sea salt

Vinaigrette:

2 tbsp apple cider vinegar
3 tbsp extra virgin olive oil
1 tsp lemon zest
Juice of $\frac{1}{2}$ lemon
2 tsp Dijon mustard
1-2 tsp real maple syrup
1 tsp fresh thyme
 $\frac{1}{4}$ tsp Celtic Sea salt
Freshly cracked black pepper, to taste

2 bunches lacinato kale, stems removed and finely chopped
2 cups baby arugula
1 apple, diced
1 pear, diced
 $\frac{1}{4}$ cup toasted pecans, chopped
2 tbsp toasted pumpkin seeds
 $\frac{1}{4}$ cup pomegranate arils

Preheat oven to 400 F. Spread sliced squash on a parchment lined baking sheet in a single layer. Brush sliced squash with olive oil and season with sea salt. Roast for 20-25 minutes until tender. Let cool.



ATLANTA BOTANICAL GARDEN

Make the vinaigrette by combining apple cider vinegar, olive oil, lemon zest, lemon juice, Dijon mustard, maple syrup, thyme, sea salt and black pepper in a small mason jar or whisk in a bowl until blended.

In large mixing bowl toss chopped kale with half of vinaigrette and gently massage for 2 minutes, until leaves have softened. Add arugula and remaining dressing and toss to combine. Add chopped apples, pears, roasted squash, pecans, pumpkin seeds, and pom arils to serve.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN