

Lively Run Dairy Winter Salad



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Ingredients:

1 butternut squash
2 tbsp olive oil
1 tbsp Italian Seasoning
salt
black pepper
6 to 8 cups Leafy Green Salad Blend
4oz Lively Run Dairy feta cheese, crumbled
1/2 cup pomegranate arils
1/2 purple onion, thinly sliced
1/4 cup dry roasted pepitas (pumpkin seeds)



Instructions

1. Preheat oven to 425 degrees F. Use a vegetable peeler to peel the skin off of the butternut squash.



2. Chop off the top stem and bottom stump of the squash and discard. Cut the squash in half and use a spoon to remove the seeds inside, discard the seeds. Cube the butternut squash into bite-sized pieces and place in a large bowl.



3. Drizzle in the olive oil, Italian seasoning, salt and black pepper. Toss to coat and then spread in an even layer on a large baking sheet. Roast in the preheated oven for 20 to 25 minutes, stirring half-way, until the squash is lightly browned and tender. Let cool. Make the dressing while you wait for the squash to cool.



Dressing Ingredients:

1/3 cup extra-virgin olive oil
1 1/2 tablespoons white balsamic vinegar
1/2 tablespoon fresh lemon juice
1/4 teaspoon Dijon mustard
1 pear, cored and diced
4oz Lively Run Cayuga Blue, cut into cubes
salt
black pepper



Instructions:

1. Combine the ingredients in a blender and puree on a high setting until dressing has a smooth creamy texture.

To make the salad:

Place the leafy green salad blend in a large bowl. Top with the cooled butternut squash, feta cheese, pomegranate, purple onion slices and dry roasted pepitas. Enjoy!

