



NWA FARMERS' MARKET ALLIANCE



OZARK HARVEST SALAD

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INGREDIENTS

Ozark Harvest Salad:

2 C diced butternut squash

2 Tbsp. olive oil

Salt and pepper to taste

2 bunches kale, washed and dried

1/4 C dried cranberries

1/4 C shredded parmesan

1 small red onion, sliced

1-2 carrots, shredded

Roasted sunflower or pumpkin seeds

Spicy Apple Cider Vinaigrette (recipe below)

Spicy Apple Cider Vinaigrette:

1/4 C apple cider vinegar

2 Tbsp. maple syrup

2-3 cloves garlic, minced

1 tsp. Dijon mustard

1 tsp. black pepper

1 tsp. kosher salt

Pinch red pepper flakes

1/2 C olive oil

DIRECTIONS

1. Preheat oven to 425. Drizzle squash with olive oil.
2. Roast for 20-25 minutes or until tender. Flip halfway through. Brush with additional olive oil if desired.
3. Strip the kale leaves from the stems of the kale. Tear or chop them into bitesize pieces.
4. Place the kale in a large bowl. Set aside.
5. Now, prepare your Spicy Apple Cider Vinaigrette.
6. To the kale, add half of the dressing, using your hands, massage the kale until it is soft.
7. Add in the dried cranberries, parmesan, onion, carrots, and seeds. Drizzle the rest of the dressing over the salad.

Spicy Apple Cider Vinaigrette

1. In a bowl, add the garlic, apple cider vinegar, maple syrup, garlic granules, Dijon mustard, black pepper, salt, and pinch of red pepper flakes. Whisk or process to combine.
2. While whisking constantly, add in the olive oil, at first a couple drops at a time, then steadily poured in. This will help get an emulsion.