Roasted Squash & Arugula Salad

10 ingredients · 35 minutes · 3 servings

Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the tahini, honey, vinegar, salt, pepper, and water until smooth. Add more water if needed. Set aside.
3. Add the squash to the baking sheet. Drizzle with oil and season with salt and pepper. Toss to combine. Spread out into an even layer.
4. Cook for 20 to 25 minutes or until the squash is fork tender, flipping halfway through.
5. Divide the arugula, onion, cooked squash, pumpkin seeds, and dressing evenly between bowls. Season with more salt and pepper if desired. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is approximately 2 1/4 cups.

Main Dish
Make this a main dish by adding your cooked protein of choice.

Additional Toppings
Add goat cheese, parmesan,or a dairy-free cheese alternative.

Ingredients

1/4 cup Tahini

2 tsps Raw Honey

2 tbsps Balsamic Vinegar

Sea Salt & Black Pepper (to taste)

2 tbsps Water

1 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)

1 tbsp Extra Virgin Olive Oil

6 cups Arugula

1/3 cup Red Onion (sliced)

1/4 cup Pumpkin Seeds