



Roasted Vegetable Kale Salad with Stuffed Mini Delicata Squash

Dark Chocolate lightly flavors a roasted vegetable kale salad

Roasted Vegetables:

- 2 medium carrots, peeled
- 1 medium parsnip, peeled
- 1 turnip, peeled
- 2 Tablespoons olive oil, divided
- Salt and black pepper to taste
- 1 to 2 sprigs fresh thyme
- 1 sprig fresh rosemary
- 2 miniature Delicata Squash if available

Sweet Balsamic Vegetable Kale Salad Dressing

- 1/2 cup whole pitted dates
- 1/2 cup boiling water
- 4 Tablespoons balsamic vinegar
- 1-ounce dark chocolate, melted
- Salt and ground black pepper to taste
- 4 cups minced fresh kale
- 2 green onion, chopped
- 4 red pepperdew peppers, chopped

Foil line shallow baking pan; preheat oven to 400-degree F.

Chop peeled 'carrots, parsnip, and turnip into cubes, toss with olive oil; sprinkle with salt, black pepper, and leaves from herbs; place on baking pan. Rub olive oil over whole baby squash; place on same baking pan. Roast in preheated oven for 25 to 30 minutes or until tender. Toss once during roasting; remove baby squash when tender. Set aside to cool. Remove remaining vegetables when tender. Set aside to cool.

Cut length slice from one side of each squash; remove; discard seeds. Set hollowed out squash and tops aside.

Prepare Soft Dates: These can be prepared ahead of time and stored covered the refrigerator. To prepare: Soften the dates by soaking in hot water for 10 minutes. When softened, puree mixture until smooth. Set aside in refrigerator to chill and thicken.

Prepare Sweet Balsamic Vegetable Kale Salad Dressing: In a small bowl, stir together dates and vinegar; mix in melted dark chocolate; season with salt and black pepper. Set aside.

Prepare Vegetable Kale Salad:

Place spoonful of dressing into bottom of each squash. Stuff roasted vegetables (about ½ cup) into each squash. Set aside.

In a large bowl, combine minced kale, chopped green onion, and chopped peppers. Toss in remaining roasted vegetables. Drizzle lightly with dressing; toss. Place on serving plate; top with stuffed squash and covers. Garnish stuffed squash and kale salad with drizzles of dressing. Serve remaining dressing on the side. After the kale marinates in the dressing, the salad is even better the next day.
Serves: 4 large portions

Cook's Notes: When I saw these tiny delicate squashes at the market, I just knew I had to take some home and roast them with along with some other winter veggies. They were the perfect size to stuff and serve along with our favorite kale salad. Adding a chocolate date salad dressing resulted in a creation that was amazing. I really hope I can find some more mini squashes again. They are so cute, and you can even eat the skins!

About the Recipe: Combine your favorite roasted vegetables with a fresh kale salad for a surprising result. Adding a date-sweetened balsamic dressing, which combines with the olive oil roasted vegetables, creates this new healthy salad. It is even better if it marinates overnight.

About Delicata Squash:

Delicata squash, also known as peanut squash or bohemian squash is super healthy, mildly delicious and can be eaten skin and all! They are so attractive with their oval shape covered with sunshine yellow streaked with green. If you are lucky, you might find some baby or miniature ones.

To cook Delicata Squash: Either roast them whole or cut them in half; remove the seeds. Toss with olive oil and roast until tender. They have a rich and creamy flavor. You can also, cut them into rings or shave them into ribbons with a vegetable peeler. For More Information See:

<http://www.babybulletblog.com/delicata-squash-an-easy-winter-squash/>