

# Recipe :

## Autumn Salad

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### Ingredients :

- ◆ 1 bunch of kale, striped, washed & chopped
- ◆ 4 cup butternut squash, cubed
- ◆ 1 medium onion, sliced
- ◆ ½ apple, sliced thinly
- ◆ 2 T dried cranberries
- ◆ 2 T chopped walnuts
- ◆ 2 T blue cheese
- ◆ olive oil
- ◆ salt and pepper
- ◆ apple cider vinaigrette:
  - ◆ ½ cup apple cider vinegar
  - ◆ 2 cups of olive oil
  - ◆ 2 T honey
  - ◆ ½ clove garlic
  - ◆ salt and pepper
  - ◆ mix in blender & season to taste

### Instructions :

Toss the butternut squash and onions separately with olive oil, salt, and pepper. Roast in 450 degree oven until cooked and browned around the edges, 10-15 minutes. Toss the apple cider vinaigrette first with the chopped kale, massage for 5 minutes until incorporated and tender. Add in other ingredients. Season to taste.