

WINTER SALAD WITH GREEN DRESSING

CRANBERRIES are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria or a salad as shown in the WINTER SALAD WITH GREEN DRESSING recipe below.

PREP TIME: 25 min **COOK TIME:** 35 min **SERVINGS:** 4

INGREDIENTS:

- 1 small butternut squash
- 2 tbsps olive oil
- 1 tsp coarsely ground salt
- 1 tsp coarsely ground black pepper
- 1 small can sliced pears OR peaches drained
- 1 small can beets drained, rinsed and cut in halves
- 6 cups arugula OR baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

DRESSING:

- 2 garlic cloves chopped
- 3 green onions sliced
- 1 cup Greek Yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsps honey
- 2 tbsps mayonnaise
- Juice of half a lemon
- 2 tsps olive oil
- ½ tsp coarsely ground black pepper
- ¾ tsp salt or to taste

DIRECTION:

- Pre heat oven to 375 degrees Fahrenheit
- Slice butternut squash into 1 inch thick pieces and remove seeds, pith and skin.
- Place squash pieces in a bowl and toss with olive oil, salt and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 mins or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.

- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with Green dressing and crusty, sourdough or ciabatta bread.

Bon Apetit..

JEN'S COOKING TIPS

- I have used fresh butternut squash in this recipe but you can substitute it with frozen cooked squash to reduce cooking time.
- You can substitute the walnuts with candied pecans
- Left over squash can be frozen in an air tight container for up to six months
- You can use any herbs you like in this version of Green Goddess Dressing such as basil, tarragon, mint or dill.
- For extra flavour add a teaspoon of anchovies
- Dressing can be stored in an airtight container in the refrigerator for up to five days

YOU WILL NEED:

- **Butternut Squash**
- **Canned peaches or pears**
- **Spinach or Arugula**
- **Canned beetroots**
- **Walnuts or Pecans**

- **Cranberries**
- **Greek Yoghurt**
- **Herbs**
- **Mayonaise**

