



WellBeingMD's Mindful Kitchen

Delicata Squash and Red Cabbage Salad



Like an artist's palette, this salad with the deeply purple cabbage, splashes of orange squash and white puffs of creamy goat cheese is as pleasing to the eye as it is to the taste buds.

Serves: 6

Prep Time: 20 minutes

Cooking Time: 40 minutes

Ingredients:

- 2 **delicata squash**, or really any squash that is good for roasting in chunks, like butternut
- 1/2 medium **head red cabbage**
- **olive oil or coconut oil** for brushing the squash
- 3-4 strips of **organic nitrate free bacon**
- 1 cup of **pecans**, or other tasty nut like almond or walnut
- ¼ cup of **chopped parsley**
- 3 oz **goat cheese**, or more or less to taste
- 1 Tbsp **maple syrup**
- 1 Tbsp of **white balsamic vinegar**

Directions:

1. Preheat your oven to 400 degrees. Cut the delicata squash in half lengthwise, scoop out the seeds and discard. Cut each half into half lengthwise again, and chop each of those pieces into small half-moons, roughly 1/2" thick. Cook for approximately 30-40 minutes until soft when pierced with a fork, making sure to flip half way through to ensure even cooking. Let cool.
2. While you are cooking the squash, you can also roast your pecans or nut of choice. Place them on a dry cookie sheet and put in the oven with the squash. Check after 3-4 minutes to see if they are roasted to your liking. If not, keep in for an additional few minutes until they are a deeper brown (but not burned), and are golden when you cut into them.
3. While the squash is cooking, cut the cabbage in half and with the cut side down on a cutting board and thinly slice the cabbage; you may also use your food processor with the slicing blade.
4. Cook the bacon until crisp in a large skillet; pour off most of the oil, leaving some in the pan. Place the bacon on a sheet of paper toweling to absorb excess oil. When cool, bacon may be chopped in bits to add to salad.
5. Add the cabbage to the pan and cook over medium heat until the cabbage is limp. Add the vinegar and maple syrup and stir to distribute evenly through the cabbage. Remove from heat.
6. To assemble the salad, place all of the cabbage and 1/2 of the squash in a large bowl. Mix with parsley, bacon bits and pecans. Transfer to a platter and then nestle remaining squash pieces in the bed of cabbage. Dollops of goat cheese can be placed on top of the salad.



Delicata squash provides **vitamin A and vitamin C**, some of the **B vitamins**, **potassium, and fiber**. Deep yellow and orange colored squashes offer the most beta carotene.

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Home of "The Mindful Kitchen"

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