

Roasted Winter Squash Wild Rice Salad

From the kitchen of [Jesse Haas](#)



I love winter squash. Kabocha, delicata, red kuri all have a special place at my table. Whenever I plan a dish for the holidays, I focus on vegetables. For Thanksgiving winter squash is such an obvious choice! This year I'll be making this simple salad to take to my in-laws. It's good warm or room temperature, which makes it an easy dish to pass.

Ingredients:

- 1 medium winter squash of your choosing (about 2 lbs)
- coconut oil
- 1 cup wild rice
- 2 stalks celery, sliced thinly
- dried sour cherries or cranberries
- 3 Tbsp extra virgin olive oil
- 2 tsp white wine vinegar
- 1 tsp honey
- 1 tsp dijon mustard
- salt and pepper
- mixed salad greens
- toasted pepitas (optional)

Directions:

1. Preheat your oven to 375 degrees F.
2. Peel and chop the winter squash into 1/2-inch cubes. For a tutorial on peeling and prepping winter squash, watch [this video from Heartbeet Kitchen](#). Toss with coconut oil and spread into a single layer on a cookie sheet. Bake for 20-25 minutes or until fork-tender.
3. Whisk together olive oil, vinegar, honey and mustard with a pinch of salt and black pepper.
4. When the squash is done cooking, mix it together with the celery and dried fruit. Dress the veggies liberally with the honey mustard dressing.
5. For a beautiful presentation, spread a generous amount of mixed salad greens (a large handful per person) out in a large serving bowl. Place the squash mixture in the center and sprinkle with pepitas, if using.