

## Butternut Squash Salad

Butternut or Acorn Squash, diced

2 tbsp of canola or sunflower oil

1-2 cloves of garlic, minced

¼ tsp sea salt

Pepper to taste

Mixed Greens

1 cup of cooked wild rice (can be omitted if you're in a hurry)

Sunflower or Pumpkin Seeds or Pine nuts (enough to sprinkle on top of salad)

**Dressing** (this makes a lot of dressing, so I often half the recipe)

1 ½ cups canola or sunflower oil

1/3 cup apple cider vinegar

1/3 cup Braggs soy sauce (find in the natural health section)

½ cup nutritional yeast (also found in natural health section)

1-2 tbsp diced garlic

1. Preheat oven to 375F.
2. Mix the diced butternut squash with the oil, garlic, sea salt and pepper. Place on a baking sheet and roast for approx. 45 minutes (or until tender). Stir part way through.
3. Toss the roasted squash with the wild rice, and place them over a bed of greens.
4. Top with sunflower or pumpkin seeds or pine nuts.
5. Blend the dressing until smooth and drizzle it over top.

Note: this dressing tastes amazing, and can be drizzled on top of any roasted vegetables, or used as a dressing on other salads.