



Roasted Delicata Squash Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium delicata squash seeded sliced into 1/2-inch-thick rings
- 2 tablespoons olive oil plus more for brushing
- 2 ounces pecorino shaved
- 0.3 cup roasted pumpkin seeds salted
- 1 large shallots thinly sliced
- 2 tablespoons sherry vinegar
- 7 cups pkt spinach dried washed

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Brush squash rings with olive oil on both sides and place in a single layer on a baking sheet. Season well with salt and freshly ground black pepper. Roast until the underside of the squash rings is blistered and brown and fork tender, about 15 minutes. Meanwhile, transfer cleaned spinach to a large bowl, cover with a damp paper towel, and reserve in the refrigerator. When the squash is almost ready, heat 2 tablespoons olive oil in a small frying pan. When it shimmers, add shallot and sprinkle with salt and freshly ground black pepper. Cook until tender and beginning to brown, about 3 minutes. Deglaze the pan with the vinegar, scraping up any bits that are stuck to the bottom, and immediately remove from heat.
- Pour shallot mixture over reserved spinach and toss to combine. Season with additional salt and freshly ground black pepper as desired. To serve, layer squash with spinach and top with pumpkin seeds.
- Sprinkle with ricotta salata and drizzle with saba (if using). Beverage pairing: Naia Verdejo, Spain. This dish has a pungent sharpness from the sherry vinegar, shallot, and ricotta salata. The squash brings a little sweetness. All of these are qualities shared by this Verdejo, which has a lemony sharpness mellowed by vanilla and honeysuckle.

Nutrition Facts



PROTEIN 13.61% **FAT 59.08%** **CARBS 27.31%**

Properties

Glycemic Index: 22.25, Glycemic Load: 0.61, Inflammation Score: -10, Nutrition Score: 23.12434781116%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.08mg, Quercetin: 2.08mg

Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 199.49kcal (9.97%), Fat: 14.02g (21.57%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 10.89g (3.96%), Sugar: 3.37g (3.74%), Cholesterol: 7.23mg (2.41%), Sodium: 84.58mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.53%), Vitamin K: 259.68µg (247.32%), Vitamin A: 6535.17IU (130.7%), Manganese: 1.12mg (55.98%), Vitamin C: 29.4mg (35.63%), Folate: 138.46µg (34.62%), Magnesium: 114.59mg (28.65%), Potassium: 805.57mg (23.02%), Phosphorus: 193.96mg (19.4%), Iron: 3.08mg (17.08%), Vitamin B6: 0.32mg (15.83%), Vitamin E: 2.28mg (15.22%), Fiber: 3.69g (14.77%), Copper: 0.28mg (14.16%), Vitamin B2: 0.21mg (12.53%), Calcium: 120.97mg (12.1%), Zinc: 1.46mg (9.73%), Vitamin B3: 1.41mg (7.05%), Vitamin B1: 0.09mg (5.83%), Selenium: 4.03µg (5.76%), Vitamin B5: 0.35mg (3.51%)