

# the Chef's

healthy  
choice

## Kale and Butternut Squash Salad with Cranberry Tahini Dressing

### Ingredients (Serves 6):

- \* 1 ½ C. Butternut Squash
- \* 1 ½ C. Sweet Corn
- \* 1 ¼ lb Fresh Kale
- \* ½ C. Red Onion
- \* 1 C. Plum Tomato
- \* 3 C. Red Cabbage
- \* 2 ½ C. Edamame
- \* ¼ C. Fresh Cranberries
- \* ½ C. Cranberry Juice
- \* ½ C. Apple Juice
- \* 2 Tbsp Sesame Paste (Tahini)
- \* 1 Tbsp Honey
- \* ¼ C. Canola Oil



### Directions:

Preheat oven to 350°. Slice butternut squash in half and roast in oven for 45 minutes until tender. Roast corn in oven for 15 minutes. Let cool. Chop kale finely, dice onions, tomatoes and cabbage. Combine all vegetables. For the dressing, pulse cranberries in a blender, then add juices, tahini sesame paste, honey and puree. Slowly drizzle in canola oil. Toss vegetables with dressing, season to taste with salt and white pepper.