

Roasted Acorn Squash and Portobello Mushroom Salad with Radicchio, Apples and Pumpkin Seeds

INGREDIENTS:

1 acorn squash, cut into ½ -inch rings, seeded
Extra-virgin olive oil
Kosher salt
1 pound portobello mushrooms, cleaned and gills removed
1 head radicchio Trevisano, chiffonade
1 cup baby arugula
1 Granny Smith apple, julienned and tossed with 1 teaspoon red wine vinegar
3 to 4 tablespoons toasted green pumpkin seeds
3 to 4 tablespoons red wine vinegar
Pumpkin seed oil, for garnish

PREPARATION:

Preheat the oven to 375 degrees F. Toss the squash rings with olive oil and salt and bake on a sheet tray in the preheated oven for 15 to 20 minutes or until the squash is soft and starting to caramelize. Repeat this process with the mushrooms. *Hint - these can be done at the same time! Reserve until ready to use. Toss together the radicchio, arugula, apple and pumpkin seeds in a medium bowl. Dress with vinegar, olive oil and salt. The salad should be dressed and well seasoned but not soggy. To serve: Return the squash and mushrooms to the oven for 2 to 3 minutes, just to warm them up. Place a squash ring on a serving plate. Place a handful of the salad inside the ring. Cut the mushrooms into 4 slices and arrange them, fanned, on the side of the salad. Drizzle with pumpkin seed oil.

<http://www.yummly.com/recipe/Zesty-Vegan-Spaghetti-Squash-Recipezaar?print=true>

NOTES FROM THE COOK:

Salad