

RECIPE

Harvest Salad with Pumpkin Feta and Pumpkin Seeds

5 servings

Ingredients

For the Roasted Pumpkin:

- 5 pounds sugar pumpkin
- 2 tablespoons olive/canola oil (in mister bottle)
- 1 tablespoon McCormick salt free seasoning blend

For the Lemon Thyme Vinaigrette:

- 1 1/2 tablespoons lemon juice
- 1 1/2 tablespoons white balsamic vinegar
- 1 1/4 teaspoons honey
- 1 1/4 teaspoons Dijon mustard
- pinch of ground black pepper
- 1/3 cup olive/canola oil
- 1/2 teaspoon chopped fresh thyme

For the Salad:

- 7-1/2 cups arugula
- 1/2 cup crumbled feta cheese
- 2 tablespoons hulled pumpkin seeds
- 5 tablespoons lemon thyme vinaigrette



Directions

1. Preheat the oven to 375°F.
2. **To Roast the Pumpkin:** Split the pumpkin in half and scoop out the seeds. Cut each half in half and then use a peeler to take off the skin. Cut each of the quarters into 1 inch across strips. Lay the pumpkin strips in a single layer on a parchment lined baking sheet. Spray with oil and sprinkle with McCormick salt free blend. Bake for 45 minutes or until tender.
3. **For the Lemon Thyme Vinaigrette:** Combine the lemon juice, balsamic, honey, Dijon, salt and pepper in the bowl. Slowly drizzle in oil whisking to emulsify. Finish with fresh thyme. Reserve cold until ready to use.
4. **For Family Style:** in large shallow bowl arrange the arugula on bottom, top with roasted pumpkin slices, sprinkle with feta and pumpkin seeds. Drizzle with vinaigrette.
5. **For Individual Salad:** toss 1-1/2 cups arugula, with 1 cup of the roasted pumpkin slices, 1- 1/2 tablespoons feta crumbles, 1 teaspoon pumpkin seeds, and 1 tablespoon vinaigrette.
6. **To Make Shaker Salad cup:** In 16 oz. mason jars layer ingredients as follows: 1-1/2 cups arugula, 1 cup roasted pumpkin slices, 1-1/2 tablespoons feta crumbles, and 1 teaspoon vinaigrette. Cover the jars with lids and portion 1 tablespoon of salad dressing into small containers, store in refrigerator. **To eat salad:** Remove lids from the cup. Pour contents of the dressing container into the cup. Replace the lid to salad and shake the salad until ingredients are mixed.

For the Salad (serving size is 1 each):

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
304	23	6	19	8	2	296

For the Lemon Thyme Vinaigrette (serving size is 1 ounce):

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
169	18	3	2	0	0	51