## **INGREDIENTS**

## MAPLE DRESSING

- 1/4 cup apple cider vinegar
- 1/3 cup sunflower oil
- 2 tablespoon maple syrup, or more to taste
- 1 teaspoon powdered mustard
- salt to taste

\*Put all of the ingredients into a small jar and shake vigorously. Season to taste with salt

## **SALAD**

- 1 small acorn OR delicata squash-seeded, peeled and diced
- 1 medium OR 2 small applescored, peeled, and diced
- 2 tablespoons sunflower oil
- 1/2 teaspoon dried chopped sage
- 6-8 cups mixed wild greens
- 1/4 cup Maple Dressing
- 1/4 cup dried cranberries
- 1/4 cup toasted, chopped walnuts
- salt to taste



Maple Dressing

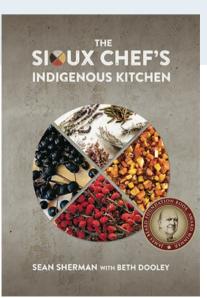


4-6 servings (L) 20 minutes



## **DIRECTIONS**

- 1. Brush the squash and apple pieces with a little of the oil.
- 2. Heat a skillet over medium-high heat and panroast the squash until nicely toasted on both sides and tender, about 5-10 minutes per side.
- 3. Toast the apple slices on each side until slightly browned, about 1 to 2 minutes per side. Remove and set aside.
- 4. Toss the greens, sage and cranberries with the dressing and arrange on a serving platter or individual serving plates.
- 5. Arrange the squash and apple over the greens and drizzle with a little more dressing as desired, and scatter the walnuts over all.
- 6. Enjoy!



Recipe adapted from The Sioux Chef's Indigenous Kitchen by Sean Sherman with **Beth Dooley** 



