

acorn squash salad with pumpkin seeds and cumin vinaigrette serves 2
easily tripled or quadrupled, etc.

- 2 cups fresh spinach leaves
- 2 tablespoons minced fresh cilantro
- 1 acorn squash, cooked*, cut in half, peeled and sliced into 1/2" x 3" pieces (approximate)
- 1/2 lime, sliced
- kosher salt and fresh ground black pepper
- 1/4 cup roasted or toasted pumpkin seeds
- 2 tablespoons grated Parmesan cheese
- Pumpkin Seed Vinaigrette (recipe below)

- 1 Mix spinach with cilantro.
- 2 Divide spinach mixture and sliced squash between two salad plates, placing squash on top of spinach.
- 3 Squeeze 1 or 1 lime slices over the vegetables and sprinkle salt and pepper.
- 4 Divide the pumpkin seeds evenly and sprinkle salads with cheese.
- 5 Drizzle with cumin vinaigrette. Garnish with slice of lime. Eat while squash is warm or at room temperature.

**To easily and quickly cook an acorn squash:* Cut it in half carefully and scrape out seeds and strings. Put the halves in a 2-quart Pyrex dish, drizzle with olive oil, sprinkle with salt and pepper, and cover with plastic wrap. Microwave on high 3-5 minutes, testing after 3 minutes (and adding more time if needed) until squash is tender. Let cool briefly, peel with a sharp knife, and slice into half-rounds.

(A half squash is simply fixed in the microwave in a cereal bowl topped with a salad
Of course you can also [bake an acorn squash in the oven if you'd rather.](#)

Cumin Vinaigrette

- 1 tablespoon white wine vinegar
- 1/2 teaspoon Dijon-style mustard, *optional*
- 1/8 teaspoon ground cumin
- Pinch each kosher salt, fresh ground black pepper, ground cayenne
- 1/2 teaspoon honey
- 1 teaspoon minced shallots
- 2 tablespoons extra virgin olive oil

Whisk the first five ingredients together in a small bowl. Slowly drizzle in olive oil, whisking until well-combined or emulsified. Taste and adjust seasonings by dipping a piece of spinach briefly into your vinaigrette.