Recipe Card



CENTRES CLINICS COURSES

Super skin food salad

Cooking time 40 minutes, hands on time 15 minutes. Serves 4

Ingredients:

small butternut squash, cut into thin wedges (no need to peel)
tbsp. olive oil
tsp smoked paprika, optional
Pack baby spinach or other dark green leaves
red onion, finely sliced
Tin chickpeas, drained
Handful pomegranate seeds (optional)
Handful sunflower seeds / walnuts, lightly toasted is desired
tbsp. orange juice
tbsp. cider vinegar
red chilli, finely sliced (optional)
tbsp. walnut oil or extra virgin olive oil

Directions:

- Preheat oven to 200C
- Place butternut squash in a bowl and toss with olive oil and smoked paprika. Then roast for 30 40 minutes, until well cooked. Allow to cool
- Place leaves, onion, chickpeas on a serving platter. Top with roast squash wedges and sprinkle over pomegranate and sunflower seeds and season.
- Mix orange juice, vinegar, chilli and walnut oil to make a dressing and drizzle 3 – 4 tbsp. over salad

Add wild or wholegrain rice or quinoa for a bigger meal. The roast squash and leftover dressing will keep in airtight containers in the fridge for 3 – 4 days.

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