

Winter Superfood Salad

Using leftover ingredients can make for a fast, nourishing meal. While this will take a little more time if you're making everything at once, you should have enough to last for a few days. Be creative with the ingredients by swapping out different types of squash, seeds, nuts, grains, or greens as you prefer. If roasted squash is not your thing, try pears or beets. You could even have fresh or roasted persimmons and apples. Instead of the pomegranate seeds try dried cranberries, cherries, raisins, or apricots. Just look for no added sulfates in your dried fruit (it will be listed in the ingredients).

Use your imagination—better yet, clean out that seasonal produce drawer. Adding a base of cooked whole grain to a salad makes this a complete and nourishing meal. Whole grains like quinoa, amaranth, barley, millet, or kamut are good sources of many vitamins, fiber, protein and energy-packed carbohydrates. Use what you like!

Preparation Time: 15 – 45 minutes (depending on if you're roasting the veggies or not)
Serves 2 main or 4 sides. Recipe created & presented by Ami Karnosh, MS Nutrition.

- 1 large sweet potato, yam, or 1 small squash (butternut, acorn, kabocha) – about 2 cups diced (you can also use frozen cubes or pre-chopped from your grocer)
- 1 tablespoon olive oil or coconut oil
- 4 cups baby kale, winter greens mix, or dark leafy of your choice
- 3 tablespoons hemp seeds
- 3 tablespoons pumpkin seeds or ¼ cup sweetly salted nut and seed mix

- Optional Items:* 2-3 ounces sheep or goat cheese
1/2 pomegranate or ¼ cup dried cranberries or cherries
1 avocado, sliced
- ½ cup uncooked quinoa, rinsed in a fine-mesh sieve
1 cup vegetable broth



1. Preheat the oven to 375F. Scrub clean and chop the sweet potato or squash into ½-inch, bite-size pieces. If it has a particularly thick skin you can peel it but you don't have to do so. Place in a baking dish with the oil and roast until tender (about 15-30 minutes depending on the size of your dice and type of squash).
2. If making seed and nut snack mix, mix ingredients and add to the oven (375F).
3. To make the quinoa, rinse quinoa well in a fine strainer. Add rinsed quinoa to a small saucepan and pour in broth*. Bring a simmer and then cover. Cook for 20 minutes or until broth is absorbed and quinoa is soft. Turn off heat and set aside.
*Using broth to cook quinoa makes it taste great. But you can always just use a cup of water and a dash of salt instead.
4. Mix together the salad dressing ingredients. Use a jar with a lid to shake everything together well then store the extra in your refrigerator until next time.
5. After the quinoa, seeds, and yam are ready to go, assemble the salad! In a large bowl, toss greens with a few tablespoons of the dressing. Start with about 2-3 tablespoons and gently scoop and toss the greens until they look a little shiny.

- There are many ways to assemble and serve this salad. As a main meal, start with the quinoa. If you like extra sharp flavors, add a drizzle of the dressing to the grain. Then gently toss in the remaining ingredients. Serve warm or chilled.
- Alternatively, you could serve this as a cobb-style salad. Place each ingredient next to each other for a colorful display. Sprinkle the hemp seeds over the top and serve as a beautiful centerpiece.

Sweetly Salted Nuts & Seed Mix

Seeds and raw nuts are an excellent source of minerals like zinc, magnesium, and copper to help support the immune system all while keeping you full with plenty of fiber and protein. Make extra if you like them to snack on throughout the week. After they are cool, store in an air-tight container for up to 1 week or in the freezer for up to 6 months.

- 3/4 cup raw nuts like walnuts, pecans, or lightly chopped almonds
- 1/2 cup pumpkin seeds, sunflower seeds, or a mixture of both
- 1 tablespoon coconut oil or olive oil
- 1 1/2 tablespoons pure maple syrup (or agave nectar)
- 1/4 tsp fine grey sea salt
- Optional: if you like spicy flavors, add 1/2 teaspoon cayenne pepper to the mix



Stir seeds and nuts with the maple syrup, melted oil and salt. Spread onto a parchment or foil lined baking sheet. Put them in the oven with the squash for the last 8-10 minutes until they are lightly toasted (they will harden as they cool so don't overbake).

Super Salad Vinaigrette

Vinaigrette salad dressings are the easiest to prepare and can store for many weeks safely in your refrigerator. Changing out the oil will give you fuller flavor with different health benefits. Stick with extra virgin olive oil for a more traditional dressing. For added omega 3 fatty acids and a nutty taste, use half the amount or all of it as hemp seed oil.



- 1/4 cup of your favorite vinegar (like balsamic, red wine) or choose lemon juice
- 1/2 cup extra virgin olive oil (or use 1/4 cup olive and 1/4 cup hemp seed oil)
- 1/4 teaspoon sea salt
- Optional ingredients:
 - 1 teaspoon honey (if the flavor is too strong add more honey, not more oil)
 - 1 teaspoon dried herbs of your choice (like basil, oregano, thyme or a mixture)
 - 1/2 teaspoon black pepper

If you want your dressing fully emulsified (where it doesn't separate later) use a blender. Add the vinegar, salt, and optional ingredients then turn the blade onto a low setting and slowly pour the oil in (the slower the better). Continue to blend for another 30 seconds after you finish adding the oil then pour any leftovers into a jar and store in the refrigerator.