

# Acorn Squash Salad

## with Cilantro, Ginger and Maple Syrup

Here is a unique way to prepare and serve acorn squash. Mixed with this somewhat eclectic dressing, which perfectly complements and enhances the squash, and then served on a bed of lightly dressed salad greens, this main course dish will result in many ooohs and aaaahs at the table. You

can replace the candied ginger with 1 T. minced fresh ginger. Recipe from *Farmer John's Cookbook*:

*The Real Dirt on Vegetables*

2 medium	acorn squash
1/2 cup	olive oil
1/3 cup	minced fresh cilantro
6 T.	orange or tangerine juice
3 T.	maple syrup
2 T.	minced candied ginger
1/2 t.	salt
1/8 t.	cayenne pepper

salad greens (one handful per serving):  
washed, dried, lightly dressed in olive oil

Preheat the oven to 375 degrees. Cut the squash in half and scoop out the seeds. Place the squash halves cut-sides down on a baking sheet. Bake until tender, 30 to 45 minutes depending on size. Cool completely, scoop out the soft flesh, and roughly chop. Place the squash in a bowl and set aside.

Combine the olive oil, cilantro, orange juice, maple syrup, ginger, salt, and cayenne in a blender or food processor. Blend well.

Pour the dressing over the squash and toss gently. Chill for at least 1 hour to allow flavors to combine. Serve on a bed of lightly dressed greens.

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# Shopping List

## Acorn Squash Salad

Ingredients	Wieght or Volume	PLU #
acorn squash	2 medium	_____
olive oil	1/2 cup	_____
minced fresh cilantro	1/3 cup	_____
orange or tangerine juice	6 T.	_____
maple syrup	3 T.	_____
minced candied ginger	2 T.	_____
salt	1/2 t.	_____
cayenne pepper	1/8 t.	_____
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