

Kale and Japanese Squash Salad

Serving Size: 1 Cup | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 1 small Japanese squash (can substitute other squash types), cut into ½-inch cubes
- 1 tablespoon oil
- 1 tablespoon honey
- 2 tablespoons vinegar
- ½ teaspoon salt
- ½ teaspoon black pepper
- 8 ounces kale, washed and stems removed

DIRECTIONS

- Preheat oven to 400°F.
- Toss squash cubes with oil, honey, vinegar, salt, and pepper.
- Spread on a baking sheet and roast for 35–40 minutes, until tender and golden.
- Chop kale and place in a large bowl. Add a drizzle of oil and pinch of salt. Gently rub the kale for 1 minute to soften.
- Add roasted squash and mix. Serve warm or cold.



Calories per serving: 150 | 6 g total fat | 22 g total carbohydrates | 230 mg sodium | 3 g protein