

roasted honeynut squash kale saute

Makes 4 servings

RECIPE ADAPTED FROM: [Simply Recipes](#)

PREP TIME: 10 minutes

COOK TIME: 30 minutes

2 honeynut squash, cubed
(from about 1 ½ lbs whole honeynut squash)

1 tsp olive oil

1 tsp balsamic vinegar

¼ tsp salt

Pinch of black pepper

1 Tbsp olive oil

1 large red onion, quartered and sliced

3 cloves garlic, minced

1 tsp balsamic vinegar

6 cups thinly sliced kale, center ribs removed
(from about 1 bunch of kale)

1 medium apple, cubed

½ cup slightly broken up walnuts

Salt and pepper, to taste

SUBSTITUTIONS

- If you can't find honeynut squash, you can substitute other winter squashes like butternut or acorn squash.
- Instead of an apple, you could use ⅓ cup dried cherries, dried cranberries or pomegranate seeds.

PREHEAT oven to 425°F.

PLACE cubed honeynut squash in a bowl and toss with 1 tsp olive oil, 1 tsp balsamic vinegar, salt and pepper.

SPREAD onto a lined baking sheet and roast in the oven for 25 minutes or until the squash is cooked through and browned on the edges.

ABOUT 15 minutes into roasting the squash, heat 1 Tbsp olive oil in a large pan over medium heat.

ADD red onion and toss to coat. Cook 7-8 minutes or until softened and starting to caramelize.

ADD minced garlic and cook 1 minute more.

ADD 1 tsp balsamic vinegar, apple and kale. Stir until kale is mixed well (tongs work great for this). Cook for a few minutes until the kale is just wilted.

STIR in walnuts and roasted honeynut squash and add salt and pepper, to taste.

SERVE with chicken, pork tenderloin, salmon or any other protein of choice and enjoy!

