



Butternut Squash and Kale Salad

Ingredients:

2 bunches kale, leaves stripped from stems and sliced
1 cup low-sodium vegetable broth, divided
1 Large butternut squash - peeled, seeded and cut into 1/2-inch cubes or 1 large container of peeled and seeded butternut available at most grocery stores
1 red onion, sliced
4 pitted dates, very finely chopped
2 tablespoons sherry vinegar

Directions:

Put kale and 1/2 cup vegetable broth into a large pot and place over medium heat. Cook, covered, stirring frequently, until kale is wilted, about 3 -5 minutes. Add squash and continue cooking, stirring occasionally, until kale and squash are tender but not mushy, 10 to 15 minutes. Cool to room temperature.

Meanwhile, combine the remaining 1/2 cup broth, onion, dates and vinegar in a small saucepan. Bring to a boil, lower heat, and simmer, uncovered, until onion is very tender and liquid is reduced by half, about 6 minutes. Cool, toss with kale and butternut and serve room temperature or chilled.

Compliments of Whole Foods Market