

Roast Pumpkin, Spinach and Feta Salad



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 10 minutes | **Cook:** 25 minutes

INGREDIENTS

- 1 pumpkin (about 1-2 pounds), diced
- 4 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1/4 cup pine nuts (optional)
- 5 ounces baby spinach leaves (about 4 handfuls)
- 2 ounces crumbled feta
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 450°F.
2. Toss diced pumpkin in 1 1/2 tablespoons olive oil, salt and pepper. Spread on a baking sheet, and bake for 20 minutes. Remove from oven, flip, and bake for 7-10 more minutes until golden brown. Let cool.
3. Combine 2 1/2 tablespoons olive oil, balsamic vinegar, honey, salt and pepper. Shake in a jar for dressing.
4. If using pine nuts, toast in a dry skillet over medium heat until lightly golden.
5. Add spinach, pumpkin, feta and pine nuts to a large bowl. Toss in dressing to combine.
6. Transfer to serving plates, top with more feta if desired, and serve.



Nutrition Information

Serving Size: 1/4 of recipe

Calories	264
Total fat	21 g
Saturated Fat	5.1 g
Cholesterol	19 mg
Sodium	514 mg
Carbohydrates	16 g
Fiber	2.8 g
Sugars	9.7 g
Protein	6.3 g

Recipe from: Recipe Tin Eats