

# Salt and Serenity

## Autumn Salad

Serves 4.

! Acorn squash  
2 Honeycrisp or Empire apples  
1/4-cup maple syrup  
1 tablespoon vegetable oil  
Kosher salt  
Freshly ground black pepper

1 Tablespoon apple cider vinegar  
1 Tablespoon white wine vinegar  
1 teaspoon Dijon mustard  
1 Tablespoon maple syrup  
1/8 teaspoon black pepper  
1/4 teaspoon kosher salt  
4 tablespoons canola or sunflower oil

8 leaves radicchio  
6 cups Mâche (lamb's lettuce), or other tender small green leaf

Thin slices of white cheddar for garnish  
1/3 cup Spiced Pumpkin seeds for garnish (**recipe below**)

1. Preheat oven to 375° F. Slice acorn squash into 1/2 inch thick circles. Remove seeds. Lay sliced squash on parchment lined baking sheet.
2. Slice apples into 1/4 inch thick slices. Remove core from center of each slice. A small round cookie cutter does this quite easily. Lay sliced apples on a second parchment lined cookie sheet.
3. Whisk together maple syrup and vegetable oil. Brush onto apples and squash. Sprinkle with salt and pepper. Roast in oven, about 20 minutes for apples and 30-35 minutes for squash. This can be done up to 2 hours ahead of time. Let apples and squash rest at room temperature.
4. Set out 4 large dinner plates. Arrange 1 squash circle and 3 apple circles on each place. Top with 2 whole radicchio leaves. Top with a large handful of Mâche leaves. Drizzle with dressing. Sprinkle with pumpkin seeds and thinly sliced cheddar. Serve.

## Spiced Pumpkin Seeds

Makes 3 cups. This is more than you will need for the salad. Leftovers will keep in an airtight container in the pantry for up to several weeks. They are great for snacking or to serve with drinks.

3 cups shelled pumpkin seeds, unsalted

¼ cup sugar

4 teaspoons kosher salt

¼ teaspoon freshly ground black pepper

1/4-teaspoon chipotle chili powder (or more if you like it really spicy)

1 egg white

1. Preheat oven to 350° F.
2. In a small bowl, mix together sugar, salt, black pepper and chipotle chili powder and set aside.
3. In a medium sized bowl lightly beat egg white with a whisk until frothy. Add pumpkin seeds and toss until evenly coated. Add spice mixture and toss until well coated.
4. Spread evenly on parchment lined baking sheet and bake in preheated oven for about 15-20 minutes. Remove from oven and allow to cool thoroughly. Break apart nut clusters and store in airtight container at room temperature.