

# Salt and Serenity

## Winter Squash and Arugula Salad

Serves 4

1 small butternut squash, peeled and cut into ¼ inch thin slices  
1 Tablespoon olive oil  
1 Tablespoon maple syrup  
1 Tablespoon brown sugar  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
1/3 cup hazelnuts  
1 small pomegranate, seeded  
¼ cup fresh lemon juice  
½ cup extra virgin olive oil  
2 teaspoons honey  
1 teaspoon kosher salt  
½ teaspoon freshly ground black pepper  
1-5 ounce box of washed baby arugula

1. Preheat oven to 375°F. Line a baking sheet with parchment paper. Toss cut squash with olive oil, maple syrup, brown sugar, salt and pepper and spread out in a single layer on baking sheet. Roast squash for 35-40 minutes until tender and caramelized to a golden brown colour. Remove from oven and set aside.
2. While squash is roasting, place hazelnuts on a second baking sheet. Place in oven with squash and toast for about 10 minutes until they begin to smell fragrant and skins are blistered. Wrap nuts in a kitchen towel and let steam 1 minute. Rub nuts in towel to remove loose skins (don't worry about skins that don't come off) and cool completely. Coarsely chop hazelnuts and set aside.
3. Whisk together lemon juice, extra virgin olive oil, honey, salt and pepper.
4. Spread out arugula on a large serving platter. Drizzle with about 3 tablespoons of dressing. Arrange roasted squash over arugula. Scatter chopped hazelnuts and pomegranate seeds over the squash. Drizzle with a bit more dressing. Serve.

