

# Acorn Squash & Pomegranate

4 servings



Kansas City

## INGREDIENTS

- 2 each – acorn squash, cut in half, de-seeded
- ½ cup – pomegranate seeds
- 4 cups – baby kale
- 1 cup – Brussel sprouts, shaved paper thin
- 1 cup – figs, cut in quarters, de-stemmed
- 3Tbsp. – olive oil
- As needed – salt & pepper

### Quick balsamic dressing

- ¼ cup – extra virgin olive oil
- ¼ cup – balsamic vinegar
- 1Tsp. – salt
- 1Tsp. – fresh cracked pepper

### Optional Garnish

- Pumpkin seeds
- Pumpkin seed oil – very lite drizzle only
- Craisins

## METHOD OF PREPARATION

1. Pre-heat oven to 375 degrees F
2. Season cut side of squash with oil, salt and pepper.
3. On sheet pan, place baking paper down, then place squash cut side down on paper and back until squash is fork tender. 30-60 minutes.
4. While squash is baking, make quick dressing and reserve on the side.
5. Once squash is done, remove from oven and remove skin from squash. Place squash on plate and refrigerate to cool. Can break apart with knife or hands.
6. In bowl, place kale, sprouts, pomegranates, and figs and toss light with dressing. Place cooled acorn squash on top.
7. Garnish.

*Enjoy!*



## CHEF NOTES

1. This recipe is gluten free, dairy free, corn free, & soy free.
2. Can use dried figs if fresh is unavailable.

Bon Appétit!

— Chef Kyle Williams

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