



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Fall Harvest Salad with Pumpkin Goddess Dressing

<http://www.theseasonedmom.com/healthy-thanksgiving-side-dish-fall-harvest-salad-with-pumpkin-goddess-dressing/>  
Modifications in red by Laura McKay, B.S., Health Educator

Prep time: 30 mins; Cook time: 20 mins; Total time: 50 mins; Serves: 8

### Ingredients:

#### For the Pumpkin Goddess Dressing:

- 1 cup plain Greek-style yogurt (can substitute greek coconut yogurt)
- 2 Tablespoons apple cider vinegar (use fresh lemon juice instead if mold sensitive)
- 2 Tablespoons olive oil
- 1 Tablespoon maple syrup
- ½ cup sour cream or plain Greek-style yogurt (use plain greek coconut yogurt)
- 1/3 cup pure pumpkin puree (I used the canned version)
- 1 teaspoon minced garlic (or about ¼ - ½ teaspoon garlic powder)
- ½ teaspoon salt
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon cinnamon



#### For the Salad:

- 1 acorn squash, plus olive oil, maple syrup, cinnamon, and salt for roasting\*
- 1 apple, thinly sliced
- ½ cup toasted pecans
- ¼ cup dried cranberries
- 1 pkg. (5-6 ounces) mixed salad greens (you can use any blend that you prefer, but I like a mix that includes broccoli slaw, Brussels sprouts, cabbage, kale, and chicory)

### Directions:

1. **For the dressing:** Place all ingredients in a blender and combine. Chill until ready to use.
2. **To roast the acorn squash:** preheat oven to 400 degrees F. Spray a baking sheet with cooking spray and set aside.
3. Slice squash lengthwise, remove seeds, and slice horizontally into ½-inch thick rounds. Place sliced squash in a single layer on prepared baking sheet. Drizzle with olive oil and maple syrup, sprinkle with a dash of cinnamon and salt, to taste. Toss squash to coat.
4. Bake squash at 400 degree F for approximately 20 minutes (or until tender and caramelized), flipping halfway through.
5. Once the squash has cooled, cut it into bite-sized pieces and place it in a large salad bowl with the remaining ingredients. Add Pumpkin Goddess dressing and toss gently. Serve immediately.

### NOTES

\*can substitute with diced roasted sweet potatoes or butternut squash

Allergy & Environmental Treatment Center, LLC provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies. We offer state-of-the-art allergy testing and treatment. In addition, we offer general medicine/primary care services. Schedule your visit with us today! Call 480-634-2985.



Edwards Professional Park II  
8952 E. Desert Cove Drive  
Suite 114  
Scottsdale, AZ, 85260  
Clinic: (480) 634-2985  
[info@allergyenvironmental.com](mailto:info@allergyenvironmental.com)