



Winter Squash with Wilted Kale (serves 4-6)

1-1/2 lb. kale (large stems removed, cut into 1 inch pieces, washed very well)
1 delicata squash, seeded, sliced into 1/2 inch half moons
1 butternut squash, seeded, sliced into 1/2 inch half moons
1 yellow onion, sliced into 1/2 inch half moons
1 tsp. garlic, chopped
1 tbsp. balsamic vinegar
2 tbsp. + 1 tsp. olive oil
salt and pepper to taste

Wash the kale, drain and set aside. Preheat oven to 400 F (375 F convection). Line a baking sheet or roasting pan with parchment paper. Make a vinaigrette by combining the balsamic vinegar, 2 tbsp. oil, salt and pepper. Coat the squashes and onions with vinaigrette. Spread the vegetables in the pan and roast for 15 to 18 minutes, till just tender. Set aside. Heat a large skillet on high. Add 1 tsp. olive oil to hot pan. Add kale and garlic. Turn greens until slightly wilted. Remove from heat and combine with cooked squashes. Adjust seasonings.