



# HEARTY FALL SALAD

## WITH PUMPKIN AND GOAT CHEESE

### INGREDIENTS:

- 1 pie pumpkin (or substitute butternut squash), peeled, de-seeded (save the seeds) and cut into ½-inch cubes
- Avocado oil (for pumpkin roasting)
- 1 small package (~20) Brussels sprouts, washed and cut into thin strips, using base to hold or using mandolin (be careful not to cut yourself!)
- 1 bunch curly kale, de-stemmed and cut into thin strips
- 8-oz. soft goat cheese, crumbled
- Reduced Balsamic vinegar (buy this way or make yourself by simmering regular balsamic on the stovetop low and slow)
- Extra virgin olive oil
- Sea salt + fresh pepper

### DIRECTIONS:

Heat oven to 400 degrees Fahrenheit. Lightly coat cubed pumpkin in avocado oil. Reserve pumpkin seeds and place in a lidded jar of salted water overnight. This will soften and flavor the seeds and you can roast them the next day.

Roast pumpkin cubes for ~30 minutes or until browned and cooked through, stirring and flipping half-way through for even browning. Remove from oven and lightly dust with sea salt, let cool.

Meanwhile prepare remaining ingredients. Drizzle and toss with balsamic, olive oil, salt and pepper. Feel free to add the pumpkin seeds (and another drizzle of balsamic) the following day. This dish makes great leftovers!

### ROASTED PUMPKIN SEEDS:

Toss lightly in avocado oil and roast pumpkin seeds from at 325 for ~40 minutes, or until crispy and golden brown. Check periodically, stirring. In last ten minutes, drizzle the avocado oil and stir a final time. Once removed from the oven, dust with sea salt and let cool.

## HEALTH BENEFITS

### PUMPKINS

- Pumpkins are rich in Vitamin A, copper, iron, B vitamins, folate, vitamin E, phosphorous, and magnesium
- Contain polyphenolic antioxidants
- High in fiber
- Cancer protective properties
- Fertility booster
- Immune system support
- Beta carotene has been shown to support eye and skin health
- Minerals in pumpkins boost bone mineral density

### PUMPKIN SEEDS

- Pumpkin seeds contain the sleep-promoting nutrients magnesium and tryptophan
- Rich in carotenoids and zinc, which acts as a diuretic to help empty the bladder, which can help with prostate health
- High in fiber
- Boosts heart health by helping to decrease cholesterol levels and lower blood pressure
- Helps stabilize blood sugar

### BRUSSELS SPROUTS

- Brussels sprouts are in a family of vegetables known cruciferous, named for the Latin "cross-bearing" because of the shape of the petals when you cut into them
- Gets its name from Brussels, Belgium, but have also been traced to Iran, Pakistan, and Afghanistan.
- The sulfur-containing compounds called sulforaphane are what give cruciferous veggies their cancer-fighting abilities, and also their distinct smell and sometimes-bitter taste.
- Rich in vitamin K and C

### GOAT CHEESE

- Goat cheese is rich in healthy fats, which are important part of daily diet, because fat helps facilitate nutrient absorption, hormone production, and protects our neurological health.
- Goat milk tend to be easier to digest than cows milk. Goats milk has a higher proportion of medium-chain fatty acids (MCFAs), also found in coconut fat.
- The milk for goat cheese typically comes from smaller family farms as opposed to the typical large dairy farm common for cow milk.

#### SOURCES:

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