

Maple Roasted Pumpkin Salad

Ingredients:

1 sugar pumpkin, peeled, seeded, and cut in 1 1/2" chunks
5 tablespoons olive oil, divided
6 unpeeled garlic cloves,
1/2 teaspoon red pepper flakes
salt and fresh ground black pepper
2 tablespoons plus 1 teaspoon pure maple syrup
1 tablespoons fresh lime juice
1 tablespoon Dijon mustard
10 ounces baby spinach
10 ounces arugula
6 ounces feta cheese
1/4 cup pepitas, toasted



Directions:

Preheat oven to 450

In a medium bowl, add pumpkin pieces and toss with 2 tablespoons oil, garlic, red pepper - season with salt and pepper to taste. Scoop the mixture onto a large baking sheet and spread to an even layer - roast, tossing occasionally, until pumpkin is tender, 25 to 30 minutes.

Carefully remove garlic cloves from the baking sheet and set aside. Drizzle pumpkin mixture with 2 tablespoons maple syrup and toss well to coat. Return to the oven and continue roasting, tossing occasionally, until pumpkin is glazed, 5 to 10 minutes more. Remove and set aside to cool