

# Roasted Pumpkin-and-Baby Kale Salad

Active Time	Total Time	Yield
15 Mins	40 Mins	Serves 4

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This beautiful fall salad makes a tasty meal on its own or a nice addition to any menu. The tangy Dijon mustard-apple cider vinaigrette is a great match for the sweet roasted pumpkin and sharp baby kale leaves.

## Ingredients

- 1 (3-lb.) sugar pumpkin, cut into 12 (1-inch) wedges
- 1 small red onion, cut into 8 wedges
- 4 thyme sprigs
- 2 rosemary sprigs
- 6 tablespoons extra-virgin olive oil, divided
- 2 tablespoons honey, divided
- 1 3/4 teaspoons kosher salt, divided
- 1 teaspoon black pepper, divided
- 1 tablespoon whole-grain Dijon mustard
- 1 tablespoon apple cider vinegar
- 4 ounces baby kale greens (about 4 cups)
- 1/3 cup pomegranate arils
- 1/3 cup coarsely chopped, toasted pecans
- 3 ounces goat cheese, crumbled (about 3/4 cup)

## How to Make It

- Step 1** Preheat oven to 450°F. Combine pumpkin, red onion, thyme, rosemary, 2 tablespoons of the olive oil, and 1 tablespoon of the honey in a large bowl; toss to coat. Divide vegetables evenly between 2 rimmed baking sheets coated with cooking spray, and sprinkle with 1 teaspoon of the salt and 3/4 teaspoon of the pepper. Bake in preheated oven until browned and tender, about 20 minutes (do not stir). Cool 10 minutes.
- Step 2** Whisk together Dijon, vinegar, remaining 4 tablespoons oil, 1 tablespoon honey, 3/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl. Toss kale with 1 tablespoon of the dressing, and arrange on a serving platter with pumpkin mixture. Sprinkle with pomegranate arils, pecans, and goat cheese; drizzle with remaining dressing.