

INGREDIENTS

MAPLE DRESSING

- 1/4 cup apple cider vinegar
- 1/3 cup sunflower oil
- 2 tablespoons maple syrup, or more to taste
- 1 teaspoon powdered mustard
- salt to taste

*Put all of the ingredients into a small jar and shake vigorously.

Season to taste with salt

SALAD

- 1 small acorn OR delicata squash-seeded, peeled and diced
- 1 medium OR 2 small apples-cored, peeled, and diced
- 2 tablespoons sunflower oil
- 1/2 teaspoon dried chopped sage
- 6-8 cups mixed wild greens
- 1/4 cup Maple Dressing
- 1/4 cup dried cranberries
- 1/4 cup toasted, chopped walnuts
- salt to taste

Salad of Griddled Squash, Apples, Wild Greens & Toasted Walnuts

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Maple Dressing



4-6 servings



20 minutes

DIRECTIONS

1. Brush the squash and apple pieces with a little of the oil.
2. Heat a skillet over medium-high heat and pan-roast the squash until nicely toasted on both sides and tender, about 5-10 minutes per side.
3. Toast the apple slices on each side until slightly browned, about 1 to 2 minutes per side. Remove and set aside.
4. Toss the greens, sage and cranberries with the dressing and arrange on a serving platter or individual serving plates.
5. Arrange the squash and apple over the greens and drizzle with a little more dressing as desired, and scatter the walnuts over all.
6. Enjoy!

Recipe adapted from
*The Sioux Chef's
Indigenous Kitchen*
by Sean Sherman with
Beth Dooley



THE
SIoux CHEF'S
INDIGENOUS KITCHEN



SEAN SHERMAN WITH BETH DOOLEY

This recipe card is made especially for you by
Puyallup Tribal Health Authority's Full Circle Wellness Team!