

FALL PUMPKIN SEED SALAD

Ingredients:

Seeds

- 1/4 cup raw pumpkin seeds
- 2 Tbs. olive oil
- 1/2 tsp. salt

Salad

- 2 cups raw spinach
- 4 sticks baby corn
- 6 slices cucumber
- 1/4 zucchini, chopped thin
- 2 Tbs. raisins
- 1 Tbs. olive oil
- 4 Tbs. pumpkin seeds
- 1 oz. cheddar, cubed or shredded



Dressing

- 2 Tbs. olive oil
- 4 Tbs. balsamic vinegar
- 1/8 tsp. salt
- 1/8 tsp. basil
- 1/8 tsp. ground pepper

Directions:

Seeds

Baste a 9" square baking pan with the oil.
Sprinkle in the seeds so they're flat on the bottom.
Sprinkle with salt.
Bake at 400 degrees for 10 minutes, stir so they get coated with oil on all sides.
Flatten them on the bottom and bake 10 minutes more until they're a golden brown.

Remove and reserve.

Salad

Pile spinach on a plate, adorn with cucumber, corn, and raisins.

Heat 1 Tbs. olive oil in sauté pan.
Drop in zucchini, sauté quickly until
until light brown. Divide over two
salads.

Drizzle with dressing (see below).



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Directions:

Top with pumpkin seeds and cheddar.

This is melt in your mouth good.

Dressing

Stir together and shake well. Divide between 2 salads.