

Roast Pumpkin Salad



Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

- ¼ cup pine nuts
- 3 cups baby spinach
- 1 TBS balsamic vinegar
- 1 TBS olive oil
- 1/3 second olive oil spray
- 3 ½ oz butternut pumpkin pieces

Directions:

1. Pre-heat oven to 480 degrees
2. Line a baking tray with baking paper. Place pumpkin in a single layer on the tray. Spray with olive oil spray, turn pumpkin and spray again.
3. Roast for 20 minutes or until golden and tender, turning once. Set aside.
4. Meanwhile heat a small non-stick pan over medium heat. Add pine nuts and cook, stirring for approximately 3 minutes until golden.
5. Combine balsamic vinegar and olive oil in a screw top jar and shake to combine.
6. Place Spinach and pumpkin in a serving bowl, sprinkle with pine nuts and drizzle with dressing.

Nutrition Facts

Makes 6 servings

Amount per serving:

Calories	61
Total Carbs	3.42 g
Total Fat	4.85 g
Protein	1.17 g