



Healthy Detox Salad

Prep 20 m

Ready In 50 m

Recipe By: Kathy Brennan & Caroline Campion

“Skip the cleanse and eat this instead. Packed with veggies, avocado and seeds, this healthy salad recipe is bursting with vitamins, minerals and antioxidants. Everything can be prepared ahead of time except the avocado. If you love beets, shred one raw and add it to the salad for extra color, crunch and flavor. Excerpted from *The Dinner Plan* by Kathy Brennan and Caroline Campion, published by ABRAMS © 2017.”

Ingredients

3 cups (345 g) of $\frac{3}{4}$ -inch (2-cm) cubed peeled butternut squash (from about a 1 $\frac{1}{4}$ -pound/570 g squash) or precut packaged squash

1 tablespoon olive oil

$\frac{1}{4}$ heaping teaspoon turmeric

$\frac{1}{4}$ teaspoon cumin

Salt and pepper to taste

$\frac{1}{4}$ cup (60 ml) grapeseed or vegetable oil

$\frac{1}{4}$ cup (60 ml) apple cider vinegar

2 tablespoons Greek yogurt
1 tablespoon maple syrup
1 shallot, minced
1 bunch of kale (about $\frac{3}{4}$ pound/340 g), stems and center ribs removed and leaves cut cross-wise into slivers
1 pint (300 g) Brussels sprouts, cut crosswise into slivers
Handful (about 1 oz.) of toasted pumpkin seeds (pepitas) or sunflower seeds
1 avocado, pitted, peeled and diced

Directions

1

Preheat the oven to 425°F (220°C), with a rack in the middle position. Put the squash on an 18-by-13-inch (46-by-33-cm) sheet pan and sprinkle with the olive oil, turmeric and cumin and season with salt and pepper. Using your hands, combine well, then spread the squash out across the pan.

2

Roast until lightly browned on the bottom, about 15 minutes, then scrape under the pieces using a metal spatula angled down toward the bottom of the pan and toss them around, spreading them out again. If the pieces stick to the pan, resist the urge to force them up—you'll likely end up with a pan full of mangled squash; instead, simply cook them for another 5 minutes or so, then try again. After tossing the squash, cook until just tender with slightly caramelized edges, about 10 minutes more. Let cool for a few minutes.

3

Meanwhile, in a small bowl, whisk together the grapeseed oil, vinegar, yogurt, maple syrup and shallots, then season with salt and pepper. (Or, in a jar with a lid, combine the ingredients, cover, then shake vigorously.) Check the seasonings. Quickly dip a piece of kale in the dressing, shake off any excess, and check the seasonings again.

4

In a large bowl, combine the kale, Brussels sprouts, roasted squash and pumpkin seeds. Drizzle the salad with enough dressing to lightly coat, then toss to combine. (Save any extra dressing for another use.) Check the seasonings. Add the avocado and gently toss again.

Make-Ahead Tip: Keep the undressed salad and dressing, covered, in the refrigerator for up to 3 days. **Tip:** For Staggered Serving: The salad can sit, undressed and covered, for up to 2 hours at room temperature. Toss with the dressing and avocado, which should be cut just before serving, as needed.

Photo: Caroline Campion Get the book: [The Dinner Plan: Simple Weeknight Recipes and Strategies for Every Schedule](#)