

## **VeraVia – Kale and Black Bean Salad with Roasted Squash, Zucchini and Pumpkin Seeds**

**Serves 2**

### **Ingredients:**

4 cups baby kale, torn (if leaves are tough, may need to be massaged with lemon and salt to soften)  
1 cup black beans  
1 cup roasted squash cut into 1 inch pieces  
1 cup roasted zucchini, cut into 1 inch pieces  
¼ cup pumpkin seeds, dry toasted in oven for 10 minutes or until golden and crispy  
3 tbsp. white wine vinaigrette (recipe follows)

### **Method:**

- Arrange all ingredients attractively in large salad bowls and drizzle vinaigrette on top.

### **White Wine Vinaigrette**

#### **Ingredients:**

2 tbsp. white wine or apple cider vinegar  
6 tbsp. extra virgin olive oil  
½ tsp. Dijon Mustard  
½ clove of garlic, crushed and chopped  
Salt and pepper

#### **Method:**

- Mix garlic and mustard together in a medium bowl and drizzle vinegar in while mixing. Follow by drizzling oil in while whisking together.
- Add salt and pepper to taste.