

Apple & Squash Salad Maple Hazelnut Vinaigrette



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Serves 4 to 6

Note, you can make this salad a day ahead and hold in the refrigerator until ready to serve. The tart, dried cranberries add pops of color and flavor. The rye or barley are found in the bulk grain bins at the co-op. Whole oat groats would make a fine gluten free substitute. Keep any additional dressing in a covered jar in the refrigerator. It's a terrific basting sauce for chicken or pork. All winter squashes work nicely in this recipe. Because of their smooth skin, butternut are the easiest to peel.

1 small winter squash, about 1-1/2 pounds, peeled, seeded, cut into 1-inch dice

Hazelnut oil

Coarse salt

2 tablespoons elderberry syrup

2 tablespoons maple syrup

1 tablespoon cider vinegar

2 teaspoons Dijon mustard

2 teaspoons chopped shallots

¼ cup hazelnut oil

4 green onions, trimmed and sliced into 1/8-inch pieces

1 medium sized tart apple, cored and cut into ½ inch dice

¼ cup dried cranberries

Salt and freshly ground black pepper to taste

4 to 6 ounces torn spinach or mixed salad greens

1/2 cup toasted hazelnuts*

1 cups mixed grains (wild rice, Kernza, barley, etc)**

1 cup cooked dried beans (navy, Tarabias, cannellini, etc)

Shopping list

- Small winter squash- butternut
- Whole grain of choice- wild rice, barley,
- Kernza, etc.
- Dried beans- preferably white
- Hazelnut oil
- Hazelnut flour
- Parmesan cheese
- Egg
- Fresh thyme
- Course salt
- Pepper

Preheat the oven to 400 degrees. Scatter the squash on a sheet pan and drizzle with the oil then sprinkle with the salt and pepper. Roast the squash for about 20 to 25 minutes, turning once, until tender and nicely browned. Remove from the oven and set aside. In a small bowl, whisk together the elderberry syrup, maple syrup, vinegar, mustard, and shallots. Slowly whisk in the hazelnut oil. Turn the onions, apple, cranberries, and the roasted squash into a large salad bowl then toss in enough dressing until the ingredients are nicely coated. Arrange greens on a large platter or individual plates, then pile the squash mixture over the greens and top with the toasted hazelnuts. To toast hazelnuts: spread the nuts on a baking sheet and roast in a 350-degree oven until the peels begin to slightly crack and the nuts smell toasty, about 5 minutes. Remove and set aside.

*** Cooked whole grains turn this simple salad into a lovely vegan/vegetarian option. Turn the grain into a pot, add enough water to cover by 4 inches. Set over high heat and bring to a boil, reduce the heat, simmer until tender, about 25 to 45 minutes. Drain and set aside until ready to use.*

Hazelnut Parmesan Crisps

Makes about 48 crackers

These crisp and toothy crackers are made with hazelnut flour after the nuts have been pressed into oil by the American Hazelnut Company, Gays Mills, WI. They make a terrific companion to the Winter Squash Salad, soups, stews and a wonderful gluten-free addition to the cheese tray. Store them in an airtight container for about a week.

1 cup hazelnut flour

½ cup grated Parmesan cheese

1 egg white

2 teaspoons chopped fresh thyme

Generous pinch coarse salt

Generous pinch red pepper flakes

Preheat the oven to 275 degrees F. Lightly grease a baking sheet or cover with parchment paper.

In a large bowl, mix all of the ingredients together to form a stiff dough. Turn the dough out onto the prepared baking sheet, it will be very crumbly. Using a rolling pin and your hands work the dough into a thin rectangle that covers the baking sheet.

Using a pizza cutter or bench scraper or sharp knife, cut the dough into 48 rectangles. Bake until the crackers are crisp, and the cheese is melted and has started to darken about 35 to 45 minutes. Remove the sheet from the oven. Allow the crackers to cool on the baking sheet and then remove and continue cooling on a wire rack. Store them in an air-tight container for up to 1 week.

