



# Food Fest-Back to Basics

## Raw Butternut Squash and Pumpkin Seed Salad



Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35 minutes

Servings: 4

### Ingredients



- 1 to 2 fresh chiles\*
- 2 garlic cloves chopped\*
- 3 tablespoons sunflower oil or vegetable oil
- 1 tablespoons cilantro chopped\*
- 1 teaspoon Kosher salt
- 2 ounces roasted pumpkin seed\*
- 1 tablespoon fresh grated ginger
- 3 tablespoons apple cider vinegar \*
- 1tablespoons honey\*
- 1 medium to large butternut squash\*
- 2 fresh apples diced\*
- Lime juice to taste

\*Ingredients found at the market (some ingredients are seasonal)

### Instructions

1. Thinly slice the chile(s), and combine with the ginger, garlic & vinegar in a small bowl.
2. Peel the squash and chop into as thin-as-possible matchsticks, place the squash matchsticks in a large bowl and season generously with salt.
3. Dice the apple and add to the butternut squash, along with the chiles and vinegar mix, honey, and roasted pumpkin seed. Drizzle with oil and lime juice, toss until well blend. Taste and adjust the seasoning.
4. Transfer to a serving platter and garnish with fresh cilantro.



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Class Notes:

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