

# Kale Squash Salad

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

### Salad

- 1/2 cooked squash, cubed
- 2-3 cups, washed and chopped raw kale
- 1/3 cup pumpkin seeds
- 1/3 cup dried cranberries
- 1/4 cup crumbled goat cheese
- 2 tbsp ground flaxseed

### Apple Cider Honey Vinaigrette Dressing

- 3/4 cup extra-virgin olive oil
- 1/4 cup apple cider vinegar
- 2 tbsp filtered water
- 2 tbsp honey

## Instructions:

1. Combine salad ingredients together in a large bowl. In a separate bowl combine salad dressing ingredients and pour over top of salad. Serve immediately or let the salad marinate in the dressing for an hour or two. EnJOY!