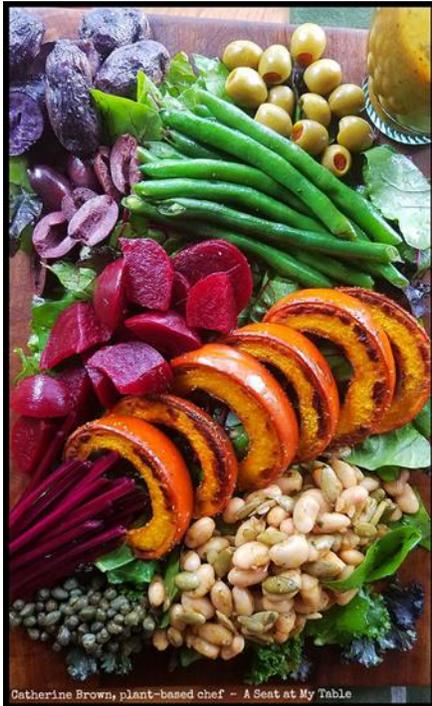


Roasted Pumpkin Harvest Salad

Catherine Brown, plant-based chef, culinary nutritionist at [A Seat at My Table](#)



Total Time: 40-45 minutes Prep Time: 10 minutes Cook/Bake Time: 25-30 minutes

Here's what you need for four dinner-sized servings:

- 1 orange pie pumpkin
 - 2 tsp course salt (smoked if you have it)
 - 3 tsp rubbed sage
 - 2 tsp fennel seed
 - 1/2 tsp peppercorns (or ground pepper)
 - 1 Tbsp olive oil*
 - 8 cups greens, if using kale, see note.
 - 2 cups fresh green beans
 - 12 small fingerling potatoes
 - 2 cups pickled beets, one pint-sized jar or fresh beets to roast
 - 1 can (15 oz) Great Northern Beans
 - 1/4 cup pumpkin seeds, raw & unsalted
 - 1/4 cup capers
 - 1 cup assorted olives
- 1 batch [Pumpkin Tarragon Vinaigrette](#) or your favorite dressing

* For an oil-free version, use 1 Tbsp apple cider, veg stock or water instead of olive oil

Note: Kale needs to be destemmed to remove the tough stalks, especially when used in a salad. This is a quick and easy process that will make a big difference in the enjoyment of any dish using kale. Most pre-chopped cellophane bags of kale found in the produce section of your grocery store do a poor job of this and the kale is often dried out. Kale should be well hydrated when used. This is easily done by cutting an inch or so of the stalks off the bottom and placing the bundle/s in a container of ice water for about 30 minutes (up to overnight). Kale should also be as dry as possible before massaging. Be sure to spin it well in a salad spinner or blot with absorbent towels.

The PROCESS:

1. If you're using kale and haven't already prepped it, do that first. Strip the leaves from the stems [Not sure how to do that? Watch [THIS](#) 30 second video] and give them a soak in cold water while you prep the pumpkin.
2. Preheat oven to 400F. Line a baking sheet with parchment paper. Pop the stem off the pumpkin by applying pressure with your thumbs (or cut it off). Wash and dry the pumpkin; cut it in half (vertically through where the stem was attached); scoop out the seeds and pulp (save these for roasting later) and cut into 1/2" wedges. You should end up with 10 for each half (20 total).

3. Next wash and dry the potatoes. Cut them into bite sized pieces. The smallest ones can be left whole.
4. Toss the pumpkin wedges and potatoes in a bowl; drizzle with the olive oil (or oil-free alternative). Using a mortar and pestle, coffee grinder or even the back of a heavy metal spoon, coarsely grind the salt, fennel seeds and peppercorns. I like the mortar and pestle route... highly therapeutic. Sprinkle this mixture over the vegetables and toss to coat evenly. Spread the pumpkin wedges evenly onto the parchment-lined baking sheet and the potatoes onto a separate baking sheet or cast-iron skillet. If they all fit on one baking sheet, that's great, but be sure not to overlap or overcrowd.
5. If you're using roast beets instead of pickled beets, wash and peel the beets. Cut them into small bite sized pieces and bake on the same pan with the potatoes. Toss them separately from the pumpkin and potatoes to prevent bleeding.
6. Bake the veg for 25-30 minutes until tender and browned on the bottom. Remove from oven and keep warm.
7. While the pumpkin and potatoes are roasting, drain and dry the kale. Set aside.
8. Next, prepare the green beans. Wash and snip the ends. Heat a skillet to med/high. When hot, add the beans and a splash of apple cider, veg stock or water. Sautée/steam until vibrant green (if using purple beans, they will turn emerald green when cooked) and tender crisp. Remove from heat as soon as they're done.
9. If using beet greens, now is the time to sauté the stems. Use the same skillet you used to sauté the beans with just a splash of liquid (or 1/2 tsp of olive oil), S&P to taste. Sauté 2-3 until tender crisp. Remove from heat and set aside.
10. Choose your dressing. Below is my [Pumpkin Tarragon Vinaigrette](#). This one uses pumpkin seed oil. I'm also working on an oil-free version. You may also like to try my oil-free [Lemony Garlic Dressing](#) or my oil-free [Orange Ginger Dressing](#).
11. Next, drain the olives, capers and pickled beets onto absorbent towels. Open the can of beans, drain and rinse thoroughly in a small colander.
12. Next, roughly chop the greens and put them into the same bowl used to toss the pumpkin and potatoes. Toss with 2-3 Tbsp of vinaigrette. If using kale, massage the vinaigrette into the leaves for 2-3 minutes to soften.
13. Arrange the greens onto a large platter(s) or individual plates. Using the same bowl the greens were just in, toss the drained beans with 1 Tbsp vinaigrette and the pumpkin seeds.
14. Arrange the rest of the salad components onto the bed of greens. Serve with a carafe of additional vinaigrette (or dressing of choice).

Enjoy!