

FALL HARVEST SALAD

with Maple Syrup Vinaigrette

 Serves 4 |  Prep Time 25 min |  Cook Time 30 min

INGREDIENTS

SALAD BASE

4 cups fresh spinach and baby kale
1 medium butternut squash, peeled, seeded, and diced
Olive oil
Canola oil
Fall spices to taste (cinnamon, nutmeg, clove, chili powder)
1 cup whole walnuts
1–2 Tbsp butter
¼ cup brown sugar
1–2 firm, mildly sweet local apples, diced
½ cup dried cranberries (optional) or favorite dried fruit
1 cup cooked quinoa and/or black barley (optional)

MAPLE SYRUP VINAIGRETTE

1 small finely minced shallot
1 Tbsp minced fresh thyme leaves (4 sprigs)
Juice of 1 lemon or 2–3 Tbsp
3 Tbsp light amber maple syrup (preferably local)
½ Cup apple cider vinegar
½ Cup high-quality olive oil
Pinch of salt (optional)

TIP FROM CHEF TONY

Add the **lemon juice** to your shallots first — the acid gently softens them, giving your vinaigrette a smoother, more balanced flavor.

DIRECTIONS

1. Prepare the Butternut Squash

Peel and dice the squash into bite-sized cubes.

Toss with olive oil (and canola oil if sautéing) and your favorite fall spices.

- Oven: Roast at 350°F until lightly browned and just tender.
- Stovetop: Sauté over medium heat until al dente—not mushy.

2. Candy the Walnuts

Heat a splash of canola oil in a pan, then add pieces of butter.

Add walnuts and brown sugar, plus a pinch of fall spices to taste.

Cook on low until the nuts are coated and caramelized.

(Alternatively, roast at 275°F for a few minutes—remove once fragrant.)

3. Make the Maple Syrup Vinaigrette

In a small bowl, combine shallot, thyme, lemon juice, maple syrup, and apple cider vinegar. Slowly whisk in olive oil until emulsified.

Add a pinch of salt if desired.

4. Assemble the Salad

In a large bowl, combine spinach and baby kale with roasted squash, apples, candied walnuts, and any optional grains for protein or dried cranberries for sweetness. Drizzle with vinaigrette and toss gently to coat before serving.

Optional Additions:

Top with grilled chicken or salmon for a heartier meal.



TAKE A SEAT AT CHEF'S TABLE &
FOLLOW CHEF TONY IN ACTION

ELIMPARK.ORG/FALL-HARVEST-SALAD/



CHEF'S TABLE

AT ELIM PARK

