



Warm Spelt and Roasted Squash

Ingredients:

3 lbs. Winter squash cubed
1/4 cup + 2 Tbsp. Olive oil
2 cups cooked spelt
1 shallot minced
¼ cup Cider vinegar
1½ tsp. Mustard
1Tbsp. Maple syrup
¼ cup cranberries
¼ cup roasted Pumpkin seeds
1 tsp. dried thyme

Procedure:

Place squash on baking dish and drizzle with 2 Tbsp. oil, season with salt and pepper. Cook 50 minute, turn; cook for 15 min more

In small bowl whisk vinegar, syrup and mustard. Drizzle in ¼ cup oil. Combine everything into a large bowl and then drizzle with vinaigrette. Serve warm.

