

Spaghetti Squash, Pomegranate & Goat Cheese Salad

Source: thehealthyfoodie.com

Servings: 2

Ingredients:

- 1 medium spaghetti squash, cooked and cooled* (warm would also work)
- 2 cups diced turnip, cooked and cooled
- the arils of one pomegranate
- 30g toasted hazelnuts, chopped (could sub pecans or walnuts as well)
- 15g soft goat cheese, crumbled

Vinaigrette:

- The zest and juice of 1 orange
- 3 tbsp unsweetened applesauce
- 2 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- ¼ tsp Himalayan or fine sea salt
- ¼ tsp freshly cracked black pepper
- 1 tsp fresh rosemary, finely chopped
- 1 clove garlic, chopped

Instructions:

1. Start by making the vinaigrette by placing all the required ingredients to your small blender or food processor. Process until smooth and creamy. Set aside.
2. Remove the flesh from the spaghetti squash by scraping it delicately with a fork. Add that to a large mixing bowl.
3. Add the rest of the ingredients, including the vinaigrette and stir very delicately.
4. Divide between 2 shallow bowls and serve immediately, or keep in the fridge for up to 24 hours before serving. The salad will be even tastier after the flavors got to mingle.

Notes:

**To cook the spaghetti squash, preheat oven to 375F. Cut spaghetti squash in half and remove the seeds. Sprinkle both halves with a bit of salt and pepper and lay them face down in a shallow baking dish. Add about ¼ cup of water in the bottom of the pan, cover with foil and cook for approximately 30-40 minutes, until tender. Let cool slightly or completely before removing flesh with a fork. As for the turnip, I like to just steam it for a few minute until fork tender*