

Roasted Pumpkin, Arugula, Goat Cheese, Spiced Pumpkin Seed Salad

Portion Size: ½ cup

Yield: 10

Ingredients:

Spiced Pumpkin Seeds

Pumpkin Seeds	1 cup
Canola Oil	1 Tbsp
Light Brown Sugar	1 tsp
Cumin	¾ tsp
Chili Powder	¾ tsp
Cayenne Pepper	½ tsp
Salt	½ tsp
Cinnamon	½ tsp

Honey Roasted Pumpkin

Fresh Pumpkin, cubed	1 ½ pounds
Canola Oil	1 Tbsp
Honey	½ Tbsp
Brown Sugar	1 Tbsp

Ingredients:

Arugula	3 cups	Honey	1 tsp
Goat Cheese, crumbled	2 oz	Dijon Mustard	¾ tsp
Apple Cider Vinegar	2 tsp	Salt	¼ tsp
Olive Oil	1 TBSP	Black Pepper, ground	1/8 tsp

Preparation:

1. Prepare honey roasted pumpkin. Mix oil, honey and brown sugar together and toss with diced pumpkin. Roast in a 375°F oven or until pumpkin is cooked through and caramelized.
2. Prepare spiced pumpkin. Toast pumpkin seeds in a pan over low heat until golden brown and fragrant. Toss hot pumpkin seeds with oil, brown sugar, cumin, chili powder, cayenne, salt and cinnamon. Lay spiced pumpkin seeds out on a sheet tray and allow to cool.
3. In a bowl, whisk together vinegar, olive oil, honey, mustard, salt and pepper until dressing is combined.
4. In a bowl, toss together roasted pumpkin, dressing, arugula, goat cheese and spiced pumpkin seeds

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
70	2	4	0	2	5	1	90



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