

MUSTARD GREENS SALAD WITH ROASTED CHEESE PUMPKIN AND GOAT CHEESE



 Blue Cross & Blue Shield of Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



Makes 4-6 servings.
Cook time: 30 minutes

I n g r e d i e n t s

- 1/4 cup toasted walnuts
- 1/2 lb peeled cheese pumpkin or other pumpkin variety, cut into 8 1/2-inch wedges
- 1 tablespoon olive oil
- 1/2 lb mustard greens, trimmed and washed or spring mix
- 2 tablespoons olive oil
- 2 teaspoon herb vinegar
- 1/4 lb fresh goat cheese
- Kosher salt and freshly ground black pepper

Nutrition information per serving(6 servings):

Calories 169, Total Fat 14 g, Saturated Fat 3.3 g, Cholesterol 13 mg, Sodium 96 mg, Carbohydrates 7 g, Dietary Fiber 3 g, Protein 5 g

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Preparation



1. Preheat oven to 300°F. Place nuts on a baking sheet, and bake until crisp and fragrant, about 5 minutes. Remove from oven, and set aside.
2. Increase oven temperature to 450°F. In a medium-size mixing bowl, combine pumpkin wedges, 1 tablespoon olive oil and salt and pepper to taste. Toss pumpkin to coat well. Place a heavy ovenproof skillet over medium-high heat for 2 minutes. Add pumpkin, and saute until browned on the edges, 6 to 8 minutes. Transfer pan to oven, and roast until tender but not falling apart, about 6 minutes. Remove from oven and allow to cool.
3. Place mustard greens in a large mixing bowl. Over the greens, add 2 tablespoons olive oil, vinegar, and salt to taste. Toss well, and adjust seasoning if necessary.
4. To serve, place a handful of greens on each of 4-6 plates. On each plate arrange 1-2 slices of pumpkin partly on the greens, a spoonful of goat cheese beside the greens and a sprinkling of toasted walnuts over the entire salad.

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Recipe adapted from cooking.nytimes.com