

Chef Murray's Perfect Pairing for Thanksgiving



Maple Roasted Butternut Squash Salad with Sherry Dressing

Yields 6 servings | Gluten-free, Vegan, Dairy-free

Ingredients

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| 5 cups | Butternut squash (3/4-inch cubes) |
| 2 tbsp | Olive oil |
| 1 tsp | Nutritional yeast |
| 1 tsp | Ground cinnamon |
| 1/4 tsp | Ground clove |
| 2 tbsp | Maple syrup |
| 3 cups | Fresh green or red kale (chopped) |
| 3 cups | Baby arugula |
| 1/2 cup | Dried cranberries |
| 1/2 cup | Chopped pecans |
| 1 | Granny Smith apple (chopped or sliced) |
| 1/2 cup | Pomegranate seeds |
| 1/4 cup | Chopped flat leaf parsley |



Sherry Dressing

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|----------|-----------------|
| 3/4 cup | Olive oil |
| 1/4 cup | Sherry vinegar |
| 1 tbsp | Dijon mustard |
| 2 tbsp | Honey |
| 1 tbsp | Lemon juice |
| To taste | Salt and pepper |

Additional Toppings (Optional)

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| Goat cheese |
| Crispy fried bacon |
| Cooked quinoa |
| Raw pumpkin seeds (pepitas) |
| Parmesan cheese |
| Walnuts |

Method

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a large bowl, mix together the olive oil, nutritional yeast, cinnamon, clove, maple syrup, salt and pepper.
3. Once mixed, add chopped butternut squash to the bowl and toss with mixture until the squash is evenly coated.
4. Spread butternut squash pieces into a single layer on the baking sheet, roast for 20-25 minutes, tossing once during cooking, until squash is tender.
5. Prepare the vinaigrette by adding sherry vinegar, Dijon mustard, honey and lemon juice to a bowl and whisk together. Once combined, slowly stream the olive oil into the mixture whisking vigorously. The vinaigrette will start to thicken once all oil is combined.
6. On a large platter, spread out 3/4 of the kale and arugula on the bottom of the platter. Top with the roasted butternut squash.
7. Place the rest of the kale and arugula on top of the squash and then add the cranberries, pecans, apple, pomegranate seeds evenly over top.
8. Pour the vinaigrette over the whole salad or as needed.
9. Sprinkle chopped parsley over the salad. Enjoy!

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Chef Murray's Perfect Pairing *for Thanksgiving*



Pumpkin Cupcakes with Maple Icing

Yields 24 Cupcakes | Vegetarian, Dairy Free

Ingredients

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|--------|-------------------|
| 1 cup | Pumpkin (canned) |
| ¾ cup | Almond milk |
| 3 | Egg whites |
| ½ cup | Canola oil |
| ½ cup | Honey |
| 1 tsp | Vanilla extract |
| 2 cups | Whole wheat flour |
| ¼ tsp | Salt |
| 1 tsp | Baking soda |
| 1½ tsp | Ground cinnamon |
| ½ tsp | Ground ginger |
| ¼ tsp | Ground cloves |



Maple Icing

| | |
|--------|------------------------------------|
| ½ cup | Vegan margarine (room temperature) |
| ¼ cup | Maple syrup |
| 2 cups | Icing sugar |
| 1 tsp | Vanilla extract |

Method

For the cupcakes:

1. Preheat oven to 350°F. Line the cupcake tins with cupcake liners or grease the tins.
2. In a large mixing bowl, whisk together pumpkin, almond milk, egg whites, canola oil, honey and vanilla extract.
3. In a second mixing bowl, whisk together flour, salt, baking soda, cinnamon, ginger and cloves.
4. Whisk the flour mixture into the liquid mixture and blend well. If your batter is too thick, add a little extra almond milk (about 1/4 cup at a time until you reach a thick, yet runny consistency).
5. Pour the batter into tins and bake for 15-20 minutes or until cooked through (when a toothpick in the middle of a cupcake comes out clean).

For the icing:

1. In a small mixing bowl add margarine and mix for 5-8 minutes with a hand or stand mixer until light and fluffy.
2. Add half of the icing sugar and continue to mix at high speed for 2-3 minutes.
3. Add the maple syrup and vanilla extract and mix for 1 minute.
4. Add the other half of the icing sugar and mix on high speed for 2 minutes. Adjust consistency with almond milk if needed.
5. Allow the cupcakes to cool and spread frosting over the tops. Enjoy!

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