



Mixed Green Salad with Squash & Pumpkin Spice Croutons

by **Clinton Kelly**



Mixed greens tossed with roasted delicata squash, toasted pepitas, goat cheese, and warm, aromatic pumpkin-spice croutons — finished with a crisp maple-Dijon dressing.

Prep Time:
25 Minutes

Cook Time
25 Minutes

Serves:
4–6 Servings

Level:
Beginner

Ingredients

For the Salad

- 6 cups mixed greens (arugula, baby kale, and/or spring mix)
- 1 medium delicata squash, halved, seeds removed, sliced into ½-inch rings
- 2 Tbsp olive oil
- Salt & freshly ground black pepper, to taste
- ½ cup toasted pumpkin seeds (pepitas)
- ½ small red onion, thinly sliced (optional)
- 2 oz goat cheese, crumbled

For the Pumpkin Spice Croutons

- 3 cups day-old bread, torn or cubed
- 3 Tbsp olive oil
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ½ tsp salt

For the Maple-Dijon Dressing

- 3 Tbsp olive oil
- 1 ½ Tbsp apple cider vinegar
- 1 Tbsp maple syrup
- 1 tsp Dijon mustard
- Salt & pepper, to taste

Instructions

Step 1

Preheat oven to 400°F (200°C). Toss squash with olive oil, salt, and pepper. Roast 20–25 minutes, flipping halfway, until golden and tender.

Step 2

Reduce oven to 350°F (175°C). Toss bread with olive oil, pumpkin spice, cinnamon, and salt. Bake 12–15 minutes, tossing once.

Step 3

Toast pumpkin seeds in a dry skillet 3–4 minutes until fragrant.

Step 4

Whisk dressing ingredients until smooth; season to taste.

Step 5

Toss greens with dressing. Add roasted squash, pumpkin seeds, red onion, goat cheese, and croutons. Serve immediately.

Serving & Finishing

- Serve Immediately