



Pumpkin Berry Spinach Salad

2 cups fresh pumpkin
olive oil cooking spray
½ tsp. salt
½ cup roasted pumpkin seeds
¼ cup walnuts, chopped
1 cup cup fresh strawberries, sliced
3 cups fresh spinach

Preheat oven to 400 F. Slice the fruit of a pumpkin lengthwise into strips and then cut those up into large chunks. Microwave the chunks in a bowl for 2 minutes and then cut into 1-inch cubes. Spray with olive oil cooking spray and sprinkle with salt. Roast on a baking sheet for about an hour, stirring every 20 minutes. Cool.

Toss all ingredients together and drizzle with Walden Farms salad dressing. (www.waldenfarms.com). Makes 4 servings.

Nutrition information per serving: 160 calories, 7 grams protein, 10 grams fat, 10 grams carbohydrate, 214 mg sodium.

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