

Pumpkin Salad with Fresh Mozzarella and Pistachio Pesto

This dish from La Cucina Italiana magazine is delicious, memorable and easy to make. A number of produce companies stock precut butternut squash, which makes this dish super easy. It will take you an additional 15 minutes to break down the squash yourself. The clear advantage of this is that you can have the squash in your vegetable basket for weeks before using. Peel it all with a vegetable peeler first, cut off the stem, then carefully with a large SHARP knife cut crosswise first. Now you have a flat edge to place against the cutting board which is the SAFEST way to break this vegetable down into a 1/2" dice.

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| 1 | garlic clove | 1/2 cup | shelled, unsalted pistachios |
| 1 1/2 Tablespoons | olive oil | 1 1/2 teaspoons | red wine vinegar |
| 1 1/2 Tablespoons | butter | 1/4 cup | olive oil |
| 15 medium | sage leaves, sliced | 1/4 cup | grape seed oil |
| 5 cups | butternut squash, peeled and cut into 1/2" cubes (2 pounds) | 1/4 teaspoon | kosher salt |
| 1/4 teaspoon | kosher salt | 2 ounces | arugula leaves or mixed baby greens |
| 1 pinch | pepper | 6 ounces | fresh mozzarella cheese, diced into 1/4" chunks |

Pistachio Pesto

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| 1 small | garlic clove |
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- 1 Gently smash and peel 1 garlic clove. In a 12-inch skillet, heat 1 1/2 Tablespoons olive oil and the butter, sage and garlic clove over medium-high heat. When butter is melted and bubbles form around sage, add squash, salt and pepper. Cook over high heat, tossing occasionally, until squash is golden and fork tender, about 10-15 minutes. Remove from heat and discard garlic.
- 2 While squash is cooking, make Pistachio Pesto. In a blender or food processor, combine small garlic clove, pistachios, red wine vinegar, 1/4 cup of each olive oil and grape seed oil and salt. Puree until somewhat smooth.
- 3 Lay a bed of greens on platter or individual plates. Top squash with cheese then drizzle with pesto.

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 407 calories, 296 calories from fat, 33.8g total fat, 25.8mg cholesterol, 359.2mg sodium, 600.9mg potassium, 18.8g carbohydrates, 3.6g fiber, 3.9g sugar, 10.7g protein.

Source

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