Pumpkin and beetroot salad

Preparation time
20 minutes

Cooking time
30-40 minutes

Serves
7

Recipe courtesy of
Dietitians Australia Victorian Engagement and Development Committee



Ingredients Method Nutrition

750g butternut pumpkin

4 beetroots (fresh), peeled

1 red onion

120g spinach leaves

150g feta cheese

3 tbsp pine nuts

2 tbsp sunflower seeds

2 tbsp pepita seeds

Optional: 1 can chickpeas, drained and the seeds of 1 pomegranate (included in nutrition information panel)

DRESSING

2 tbsp olive oil

2 tbsp balsamic vinegar

1 tbsp honey

1. Remove skin and chop pumpkin and beetroot into cubes. Slice onion into wedges. Place these on a baking tray and drizzle with olive oil. Roast at 200°C for about 30-40 minutes or until soft and golden.
2. Whilst the roast vegetables are cooling, toast nuts and seeds in a fry pan until golden.
3. To a salad bowl add spinach leaves, nuts, seeds, cubes of feta, roasted beetroot, pumpkin and onion. If using chickpeas and pomegranate add these now too.
4. Combine ingredients for dressing. Just before serving pour over dressing and toss salad.

Nutritional information is provided per serve

Engery	1487 kJ (355 calories)
Protein	15g
Saturated Fat	3.6g
Total Fat	16g
Carbohydrates	29g
Sugars	20g
Dietary Fibre	11g
Sodium	426mg