

# Roasted Squash And Potatoes Over Massaged Kale With Ranch Dressing

A great way to turn kale into a comfort food.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 30 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



## Ingredients

Butternut squash	2 cups
Potato, boiled, with skin	6 medium - 2 1/4" to 3 1/4" diameter
Olive oil	1.5 teaspoon
Garlic, powder	0.5 teaspoon
Onion powder	0.5 tablespoon
Paprika	1.5 teaspoon
Turmeric, ground	1 teaspoon
Black pepper, ground	1 teaspoon
Red pepper (cayenne), ground	0.25 teaspoon
Salt, sea salt	0.5 teaspoon
Kale, raw	6 cups
Lemon juice, fresh	1.5 teaspoon
Scallions or spring onions, tops and bulb, raw	3 medium - 4 1/8" long
Vegenaise	7 x 1 tbsp
Parsley, fresh	1 tablespoon
Dill weed, dried	0.5 teaspoon
Cider vinegar	1 tablespoon
Water	0.1 cup

## Instructions

1. Use one to two bunches of black kale, destemmed, washed and cut into strips. Chop green onion and place kale and onion in a large bowl. Add 1.5 tsp olive oil (or to taste) and 1.5 tsp fresh lemon juice (or to taste) and a dash of salt. Massage kale with your hands or with a spoon and fork until well blended and softened. Set aside.
2. Wash potatoes, cut in half, and steam or boil until almost done. Peel squash, cut into pieces and steam until almost done. Potatoes and squash can go into the same pot but keep in mind squash may be done before the potatoes and will need to be removed from the pot first. Cook until starting to soften but not too soft.

3. Heat oven to 375 F. Remove potatoes and squash from pan and place in a large bowl or baking pan. Cut potatoes and squash into about 1.5" pieces or preferred size. Add 2 tbsp olive oil, garlic powder, onion powder, paprika, turmeric, black pepper, cayenne or red pepper flakes and sea salt. Toss gently until oil spices and potatoes and squash are combined. Place into a shallow baking dish or cookie sheet and bake for no more than 15 minutes, flipping squash and potatoes halfway through.

4. While the veggies are baking, make the ranch dressing. (Last 6 ingredients) Add 1/2 cup mayonnaise with fresh parsley, dried dillweed, garlic powder, apple cider vinegar, and 1 tbsp water (0.1 not one cup = about 1 tbsp). Add more or less water as needed. Mix until well combined.

5. Remove squash and potatoes from the oven. Portion kale salad into plates. Top with squash and potatoes and add ranch dressing. Store leftovers separately in fridge for up to 3 days.