

Pumpkin, Feta, and Caramelized Onion Salad

Courtesy of foodfacts.com



Makes: 6 servings

Ingredients:

½ med pumpkin - diced into cubes
1 packet pine nuts, roasted
1-2 Tbsp. balsamic vinegar
Rocket leaves.
2 medium red onions, thinly sliced
2 Tbsp. oil
½ block of feta cheese (like Danish feta), crumbled
2 Tbsp. brown sugar
Olive oil and balsamic for the dressing

1. Caramelize onions: Heat oil in a large frying pan over low heat (Don't use a non-stick one).
2. Add onions and a good pinch of salt and cook very slowly for 15-20 minutes, stirring occasionally to prevent them from catching. Don't be tempted to turn the heat up because the onions will burn.
3. When onions have softened and have a bit of color, add sugar and balsamic and cook onion over low heat for a further 5-10 minutes, stirring occasionally, until sticky and caramelized.
4. Put the pumpkin on a flat baking tray, drizzle with some oil and season with salt and bake in a 180c oven for 25 minutes or until browned.
5. Scatter salad leaves on a large platter or in a shallow dish, scatter the pumpkin and feta and the caramelized onions and pine nuts. Drizzle some olive oil and balsamic over it and toss a bit.

Nutrition Per serving: 224 calories; 19 g fat, 8 g carbs, 7.3 g protein, 381 mg sodium