



## Winter Immunity Boost Salad 🌿❄️

As we step into the New Year, there's no better time to deliciously power our bodies with nutrient-packed ingredients. The **Winter Immunity Boost Salad** is brimming with winter vegetables like **roasted butternut squash**, **Brussels sprouts**, and **broccoli florets**, all seasoned with warming spices like **garam masala**, **turmeric**, and **smoked paprika**. The addition of **chickpeas** provides plant-based protein and crunch, while the creamy **Lemon-Tahini Maple Vinaigrette** ties it all together, making this salad as flavorful as it is immune-boosting.

I love mixing greens—**spinach** for its nutritional punch and **romaine** for that delightful crunch. If you're craving a peppery bite, you can easily swap in **arugula** for the spinach. One of the joys of creating seasonal salads is playing with textures and flavors to elevate every bite.

I had the honor of being the opening chef, nutritionist, and partner at **Just Salad** since 2006. While I sold my shares two years ago, I remain a passionate believer in **salad for all seasons**—celebrating the diversity of flavors and, of course, the unlimited nutritional benefits they offer. This winter-inspired salad is a perfect example of how seasonal ingredients come together to create something fresh, vibrant, and packed with nutrients to help you thrive during the colder months.

Salads are nourishing and relevant year-round. The **Winter Immunity Boost Salad** proves this point, combining hearty greens and roasted vegetables to provide the perfect contrast of flavors and textures. Whether enjoyed as a light meal or paired with winter dishes, it's a great way to fuel your body with essential nutrients like **vitamins A & C**, **fiber**, and a bounty of protective, immune-boosting **phytonutrients**.

### Roasted Vegetables & Salad Greens

#### Makes 6 servings

- 2 cups broccoli florets
- 10 oz (about 2 cups) cubed butternut squash
- 1 15-oz can chickpeas, rinsed and thoroughly drained
- 6 ounces (about 2 cups) halved Brussels sprouts
- 3 tablespoons olive oil
- ½ teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 teaspoon smoked paprika
- Salt to season

Roast the vegetables & chickpeas: Preheat oven to 425F. Line a large baking tray with foil or parchment paper.

Combine all of the ingredients in a large mixing bowl. Season with salt, and mix to thoroughly combine. Spread on the prepared baking tray. Roast for 18 to 20 minutes, until the vegetables are browned, chickpeas are crispy, and butternut squash is tender.

1 small red onion, thinly shaved  
6 cups baby spinach  
6 cups chopped romaine

### **Lemon-Tahini Maple Vinaigrette**

**Makes 6 to 8 servings**

#### **Ingredients**

1/2 cup tahini  
2 tablespoons olive oil  
1/4 cup fresh lemon juice about 2 large lemons  
½ teaspoon salt  
1 teaspoon Dijon mustard  
2 teaspoons maple syrup  
2 cloves garlic, finely minced  
½ cup cold water or more as needed

#### **Instructions**

In the work bowl of a small food processor and a bullet blender, combine all the ingredients and process until smooth. Add half of the cold water and blend. If necessary to achieve dressing consistency, add more water, slowly as needed. Taste and adjust flavors as desired. Tahini can be bitter, so you may want a touch more maple syrup to taste.

#### **Recipe Notes:**

If you're only serving 1 to 2 salads at a time, store the roasted vegetables separately. Mix them with greens and dressing when serving. This allows you to enjoy several delicious salads or use the extra vegetables as a side dish or in a frittata.

#### **Additions/Substitutions:**

- **To the roasted vegetables:** 1–2-inch chunks of carrots, small cauliflower florets, or sweet potatoes.
- **To the salad:** Avocado, pepitas, or sunflower seeds.
- **Up the protein:** Add hard-boiled eggs, tuna, grilled chicken, shrimp, or crumbled feta, goat, or blue cheese