

# Maple- Roasted Pumpkin Salad

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/spooky-halloween-salad-recipe>

## Ingredients:

- 1/4 cup pepitas hulled pumpkin seeds
- 4 pounds sugar pumpkin peeled, seeded and cut into 1 1/2-inch chunks
- 5 tablespoons olive oil divided
- 6 cloves garlic unpeeled
- 1/2 teaspoon red pepper flakes
- coarse salt
- black pepper
- 2 tablespoons pure maple syrup divided
- 3 tablespoons freshly squeezed lime juice
- 1 tablespoon Dijon mustard
- 1 1/2 pounds arugula 2 to 3 bunches, thick stems removed, washed and dried
- 6 ounces feta cheese