

# Squash and Spinach Salad With Sesame Vinaigrette

By Kay Chun

Time 30 minutes

Rating ★★☆☆☆ (150)



Joel Goldberg for The New York Times. Food Stylist: Barrett Washburne.

This vibrant squash salad can stand on its own as a main salad or as a side to accompany all sorts of roasted meats or fish. Kabocha squash can be cooked with its skin on, and a simple roast results in supersweet, creamy flesh. The triple-sesame vinaigrette combines sesame seeds for crunch, tahini for smooth texture and toasted sesame oil for rich, nutty flavor. Equally tasty warm or at room temperature, this salad is super adaptable. (Delicata or acorn squash also have edible skins and are great alternatives.) It makes a terrific lunch, with the addition of beans or soft-boiled eggs for extra protein.

## INGREDIENTS

**Yield:** 4 servings

- 2 pounds kabocha squash, halved, seeded and cut into 1-inch-thick wedges then 2-inch-long pieces
- 6 tablespoons extra-virgin olive oil
- Kosher salt (such as Diamond Crystal) and pepper
- 2 tablespoons white sesame seeds
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 teaspoon toasted sesame oil
- ½ teaspoon low-sodium soy sauce
- ½ teaspoon minced garlic
- 5 ounces baby spinach
- ¼ cup chopped scallions

## PREPARATION

### Step 1

Heat oven to 450 degrees. On a large sheet pan, combine squash and 2 tablespoons of the oil; season with salt and pepper. Toss to evenly coat, then arrange squash in a single layer, cut-sides down. Roast until golden and tender, flipping squash halfway through, 25 minutes.

### Step 2

Meanwhile, in a small nonstick skillet, toast sesame seeds over medium-low, stirring frequently, until deep golden, about 5 minutes. Transfer half the toasted seeds to a medium bowl, then transfer the remainder to a small bowl to reserve for garnish.

### Step 3

To the medium bowl, add tahini, lemon juice, sesame oil, soy sauce, garlic and 1 tablespoon of water. While whisking constantly, slowly drizzle in the remaining ¼ cup oil until smooth; season with salt and pepper.

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arrange among plates. Divide roasted squash on top and drizzle  
with some of the remaining dressing. Top each salad with some of  
the scallions and reserved sesame seeds.

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### Private Notes

*3 months ago*

Used delicata, decrease the tahini because it is an intense tahini burst if you use 2 tbsp; can also use store bought toasted sesame seeds to save time

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