



SIMPLE SALADS

for the SEASON

BY JOE YONAN | The Washington Post

Behold the winter salad. What makes it so special? It features heartier ingredients than those delicate salads of summer, for one thing. And with some exceptions, it's not typically all raw. But the most important quality of the salads of winter might be the same as the salads of any other time of year: They feature seasonal produce. This goes without saying — doesn't it? — but I'm not about to slice some imported-from-Mexico tomatoes or California strawberries for a winter dinner. No, this is when I want salads of roasted root vegetables or winter squashes, sauteed hearty greens, cabbages, apples and the like. Sometimes with grains, naturally. And the simplest combinations are often the best.

Squash with chickpeas, kale, pomegranate and tahini dressing

This salad's appeal extends beyond its taste, though that in itself is enough of a selling point. It features a delightful combination of colors: deep orange from the squash, forest green from the kale, flashes of garnet from the pomegranate seeds. With a drizzle of ivory-colored (and pungent) tahini-lemon-garlic dressing, it's just gorgeous.

Yield: 2 or 3 servings

Make ahead: The salad can be refrigerated in an airtight container for up to four days, preferably without the dressing or pomegranate seeds. The dressing and the roasted squash can be refrigerated (separately) for up to one week.

Ingredients

For the salad:

1 medium butternut or other winter squash of your choice, scrubbed well (1½ pounds total)

1 teaspoon plus 1 tablespoon extra-virgin olive oil

½ teaspoon fine sea salt, or more as needed

6 ounces kale or other winter greens, stalks thinly sliced and leaves coarsely chopped

1 clove garlic, chopped

⅓ cup pomegranate seeds (arils; from ½ small pomegranate)

¾ cup home-cooked or no-salt-added canned chickpeas, drained and rinsed

For the dressing:

1 tablespoon tahini

Please see **SALADS** on Page B4



Above: Courtesy of Flickr user ImpromptuKitchen/Top: GORAN KOSANOVIC, For The Washington Post

ABOVE: Carrot and avocado salad. **TOP:** Squash with chickpeas, kale, pomegranate and tahini dressing.

MIMI BRODEUR | ADDED SPICE

For Thai food, try these 6 restaurants



The hunt for Thai fare continues to get easier as Asian eateries pop up in neighborhoods,

strip malls and along main city streets. When someone recently asked me where to get the best Thai food, I immediately thought of these six spots.

Bangkok 56

1917 Paxton St., Harrisburg; 717-236-2931

This tiny, hidden eatery offers comforting service and fresh, made-to-order, authentic Thai dishes that bring customers back again and again. Start simple with citrus scented 56's Thai slaw (\$6.99), a mixture of cabbage and



SEAN SIMMERS, PennLive, 2006

Bangkok 56 in Harrisburg offers fresh, made-to-order authentic Thai dishes, including Som Tum (Papaya Salad).

carrots, and end on a meaty note of pad neau prik sod (pepper steak) consisting of quickly sautéed thin strips of beef and bell peppers. As Staci Basore of Mangia Qui restaurant in Harrisburg told

us in 2014: "The drunken noodles — homemade and silky — are surprisingly light. The calamari salad has the right amount of acid to

Please see **MIMI** on Page B4

SUE GLEITER | WORD OF MOUTH

Get ready to wait in line: Chick-fil-A to open in Swatara



The Chick-fil-A at 4661 Lindle Road in Swatara Twp. will open Thursday, and a big party

is in the works.

Starting at 6 a.m. Wednesday, dedicated Chick-fil-A fans

will be permitted to camp out in the restaurant's parking lot for a chance to win free food for a year. The giveaway is only open to people living in specific zip codes near the restaurant. To see if you live in those zip codes, visit www.chick-fil-a.com/Locations/Opening.

The chain tradi-

Please see **WORD** on Back Page

