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Autumn Salad

4 Servings • Serving = 2 Cups

Recipe developed by the San Antonio Food Bank

INGREDIENTS

Salad:

- 1 each Small butternut squash
- 1 tsp Olive oil 1/4 tsp Salt
- 1/4 tsp Ground black pepper
- 1/4 tsp Garlic powder
- 4 cups Baby spinach
- 1 each Small red onion, thinly sliced
- 1/4 cup Dried cranberries
- 1/4 cup Chopped pecans, toasted

Dressing:

- 2 TBSP Balsamic vinegar
- 1 TBSP Olive oil
- 1 tsp Dijon mustard
- TT Salt & freshly ground black pepper

DIRECTIONS

Salad:

1. Preheat oven to 425 degrees.
2. Peel, seed and cube the butternut squash and place into a large bowl. Add in the olive oil, salt, pepper and garlic powder and toss well to combine.
3. Place onto a foil-lined sheet pan and roast for 30 minutes. Remove and allow to cool.
4. Place all salad ingredients in a large bowl. Drizzle with the dressing and toss well to combine.

Dressing:

1. Combine all ingredients and whisk well to combine.



NUTRITION FACTS Serving Size = 2 cups; Servings Per Container = 4; Calories 230; Total Fat 10g (13%); Saturated Fat 1g (5%); Trans Fat 0g; Cholesterol 0mg (0%); Sodium 200mg (8%); Total Carbohydrate 38g (14%); Dietary Fiber 7g (25%); Total Sugars 12g; Includes 4g Added Sugars (8%); Sugar Alcohol 0g; Protein 4g

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