

AUTUMN SALAD

RECIPE FROM SAN ANTONIO FOOD BANK

Culinary Intro:	This is a nice change from the average salad.
Nutrition Intro:	This salad is a delicious way to get in your servings of vegetables and helps you accomplish eating a variety of colors from fruits and vegetables

<p>Prep Time: Ingredients for 4 servings Each serving = 2 cups Cost per serving=</p> <ul style="list-style-type: none"> • 1 Small butternut squash • 1 tsp olive oil • ¼ tsp salt • ¼ tsp Ground black pepper • ¼ tsp garlic powder • 4 cups baby spinach • 1 small red onion, thinly sliced • ¼ cup dried cranberries • ¼ cup chopped pecans, toasted <p>Dressing</p> <ul style="list-style-type: none"> • 2 tbsp balsamic vinegar • 1 tbsp olive oil • 1 tsp Dijon mustard • Salt & pepper, to taste <p>Steps:</p> <ol style="list-style-type: none"> 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. <p>Dressing:</p> <ol style="list-style-type: none"> 1. Combine all ingredients and whisk well to combine. 	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • How to cut butternut squash • The color of the squash and cranberries complement each other on the green background from spinach • How to toast nuts; impact on flavor <p>Nutrition:</p> <ul style="list-style-type: none"> • Butternut squash is considered a winter squash. It has a very sweet flavor and when roasted can caramelize nicely. It contains many nutrients that help the body achieve maximum function.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • The dried cranberries enhance the sweetness of the squash. <p>Nutrition:</p> <ul style="list-style-type: none"> • The healthy fats from the olive oil and pecans enables you to absorb the nutrients from the butternut squash and spinach.
	3	<p>Culinary:</p> <ul style="list-style-type: none"> • You can roast the squash ahead of time and store it in the refrigerator so it can be ready to use at any time. <p>Nutrition:</p> <ul style="list-style-type: none"> • Homemade dressing is a great way to control the type of fat and amount of added sugar and salt. Store-bought dressing are typically full of preservatives, salt, and added sugars.
	4	<p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> •
5	<p>Culinary:</p> <ul style="list-style-type: none"> • Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> • 	
Clean-up/Review comments		

Culinary:

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Nutrition:

Nutrition Facts	
4 servings per container	
Serving size	2 Cups
Amount Per Serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
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	8%
Vitamin D 0mcg	0%
Calcium 152mg	10%
Iron 3mg	15%
Potassium 1037mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. 1 serving dish for final presentation 5. mise en place cups 6. 1 electric skillet 7. 1 can opener 8. Oven 9. Large bowl 10. Baking sheet 11. foil 12. 1 strainer/ sieve 13. silicone spatula 14. measuring cups 15. measuring spoons 16. paper plates/ cups/ soufflé cups 17. tasting spoons 18. paper towels 19. tablecloth 20. kitchen towel 21. gloves 22. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> • butternut squash • Red onion • Baby spinach • <p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Olive oil <input type="checkbox"/> Salt <input type="checkbox"/> Black pepper <input type="checkbox"/> Garlic powder <input type="checkbox"/> Dried cranberries <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Olive oil <input type="checkbox"/> Dijon mustard <input type="checkbox"/> Pecans <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Click here to enter text.

Prepping for demo:

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Estimated time for preparation: [Click here to enter text.](#)