

# Autumn Salad

4 Servings • 1 Serving = 2 Cups



## INGREDIENTS

- 1 small butternut squash
- 1 Tablespoon and 1 teaspoon olive oil, divided
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- 4 cups baby spinach
- 1 small red onion, thinly sliced
- ¼ cup dried cranberries
- ¼ cup chopped pecans, toasted
- 2 Tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard

## DIRECTIONS

1. Preheat oven to 425°F.
2. Peel, seed, and cube the butternut squash and place into a large bowl. Add in 1 teaspoon olive oil, salt, pepper, and garlic powder. Toss well to combine.
3. Place onto a foil-lined sheet pan and roast for 30 minutes. Remove and allow to cool.
4. Combine butternut squash, baby spinach, onion, dried cranberries, and pecans in a large bowl.
5. In a small bowl, combine balsamic vinegar, remaining olive oil, Dijon mustard, salt, and pepper to taste. Whisk well, pour onto salad, and toss well to combine.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>2 cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 3mg	15%
Potassium 478mg	10%

\*The % Daily Value 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.

Recipe developed by the San Antonio Food Bank



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