

Fall Harvest Salad

5 Servings • 1 Serving = 1 Cup

Tips on Butternut Squash



How To Store

Store fresh squash in a cool, dark place away from direct sunlight for 2-3 months,



How To Use

Peel, cube, and roast with olive oil and spices until caramelized, or use in soups, stews, risottos, & curries.



Health Benefits

Contains vitamin C and fiber for digestion & blood sugar support.

INGREDIENTS

- 1 cup butternut squash, cubed
- ¼ cup olive oil + 2 Tablespoons olive oil, divided
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 cups baby kale, destemmed & chopped
- 1 medium red apple, chopped
- ½ cup pomegranate seeds
- ¼ cup feta cheese, crumbled
- ½ cup raw pepitas
- 2 Tablespoons white wine vinegar
- 1 Tablespoon Dijon mustard

DIRECTIONS

1. Preheat oven to 400°F. Add butternut squash, 2 Tablespoons olive oil, garlic powder, salt, and pepper in a bowl. Toss to combine.
2. Transfer to a baking sheet and cook for 20 minutes, flipping halfway through. When finished, remove from oven and let cool.
3. In a large bowl, combine kale, apple, pomegranate seeds, feta cheese pepitas, and butternut squash.
4. In a mason jar, combine white wine vinegar, remaining olive oil, Dijon mustard, and a pinch of salt and pepper. Shake to combine.
5. Addressing to salad and toss gently.

Nutrition Facts

5 servings per container
Serving size 1 cup

Amount per serving
Calories 360

% Daily Value*

Total Fat 27g 35%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 480mg 21%

Total Carbohydrate 27g 10%

Dietary Fiber 7g 25%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 136mg 10%

Iron 3mg 15%

Potassium 592mg 15%

*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.



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Ensalada de Cosecha de Otoño

5 porciones • 1 porción = 1 taza

Consejos de calabaza moscada



Como Almacenar

Guarde la calabaza fresca en un lugar fresco y oscuro, lejos de la luz solar directa, durante 2 a 3 meses.



Como Usar

Pela, corta en cubos y tuesta con aceite de oliva y especias hasta que se caramelice, o úsalo en sopas, guisos, risottos y curris.



Beneficios para la Salud

Contiene vitamina C y fibra para la digestión y el control del azúcar en la sangre.

INGREDIENTES

- 1 taza calabaza moscada, en cubos
- ¼ taza de aceite de oliva + 2 cucharadas de aceite de oliva, cantidad dividida
- 1 cucharadita de ajo en polvo
- una pizca de sal
- una pizca de pimienta
- 4 tazas de col rizada tierna, sin tallos y picada
- 1 manzana roja mediana, picada
- ½ taza de semillas de granada
- ¼ de taza de queso feta, desmenuzado
- ½ taza de semillas crudas
- 2 Cucharadas de vinagre de vino blanco
- 1 Cucharada de mostaza Dijon

INSTRUCCIONES

1. Precalienta el horno a 400°F. Agregue la calabaza, 2 cucharadas de aceite de oliva, ajo en polvo, sal y pimienta a un tazón. Mezclar para combinar.
2. Transfiera a una bandeja para hornear y cocine por 20 minutos, dándoles la vuelta a la mitad. Cuando termine, retírelo del horno y déjelo enfriar.
3. En un tazón grande, combine la col rizada, la manzana, las semillas de granada, los chips de queso feta y la calabaza.
4. En un frasco de vidrio, combine el vinagre de vino blanco, el aceite de oliva restante, la mostaza de Dijon y una pizca de sal y pimienta. Agite para combinar.
5. Vierta en la ensalada y mezcle suavemente.

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