



Butternut Squash Pasta Salad

4 Servings • 1 Serving = 1 ½ Cup

INGREDIENTS

- ½ pound butternut squash, chopped
- 1 ½ cup pasta, cooked
- 2 cups spinach
- ¼ cup cranberries
- ¼ cup pumpkin seeds, unsalted
- ¼ cup feta cheese, crumbled
- 3 Tablespoons orange juice
- 1/3 cup olive oil + 1 Tablespoon divided
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon Dijon mustard
- Salt and pepper, to taste
- 1 Tablespoon honey

DIRECTIONS

1. Preheat the oven to 400°F. Spread butternut squash on a baking sheet and toss with 1 Tablespoon olive oil, salt, and pepper. Cook for 15 – 20 minutes. When finished, remove from oven and let cool.
2. In a large bowl, combine pasta, butternut squash, spinach, cranberries, pumpkin seeds, and feta cheese.
3. In a mason jar combine orange juice, remaining olive oil, apple cider vinegar, Dijon mustard, salt, pepper, and honey. Shake to combine.
4. Drizzle dressing onto salad and gently toss to combine.

Nutrition Facts	
4 servings per container	
Serving size	(201g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 6g	25%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 430mg	19%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 11g Added Sugars	22%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 3mg	15%
Potassium 407mg	8%

*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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