



Fall Couscous

4 Servings • 1 Serving = 1 ½ Cup

INGREDIENTS

- ½ pound butternut squash, chopped
- 1 ½ cup Israeli couscous, cooked
- 2 cups spinach
- ¼ cup cranberries
- ¼ cup red onion, diced
- ¼ cup pecans, chopped
- 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 the 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 Israeli couscous, spinach, cranberries, onion, pecans, and butternut squash.
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	(207g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 11g Added Sugars	22%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 396mg	8%
<small>*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.</small>	

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