

Fall Harvest Salad

5 Servings • 1 Serving = 1 Cup



INGREDIENTS

- ½ pound butternut squash, cubed
- ¼ cup olive oil + 2 Tablespoons olive oil, divided
- 1 teaspoon garlic powder
- Pinch of salt
- Pinch of pepper
- 4 cups baby kale, destemmed and 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. Add dressing to salad and toss gently.

Nutrition Facts

5 servings per container
Serving size (175g)

Amount per serving
Calories 310

% Daily Value*

Total Fat 24g	31%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 144mg	10%
Iron 2mg	10%
Potassium 447mg	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.

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