

Harvest Salad

Cooking Instructions

1. Peel butternut squash and chop into small bit sizes pieces. Using one tablespoon of olive oil, cover pan and squash and place spread out on a baking sheet. Sprinkle with salt and pepper. Roast at 400 degrees until tender but not mushy, about 20-25 minutes.
2. Chop onion and bell pepper into small pieces. Wash salad greens and place into a big serving bowl.
3. Add 2 tablespoon olive oil, 2 tablespoons balsamic vinegar, maple syrup, orange juice, garlic powder, salt and pepper to a blender or container with lid. Blend or shake until blended.
4. Top greens with roasted butternut squash, onion, and bell pepper. Rinse black beans and add to salad. Sprinkle cranberries, walnuts, and cheese on top. Drizzle with dressing and gently toss. Serves 2-4.

Recipe

- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons maple syrup
- Juice from ½ orange
- 1 tsp garlic powder
- Salt
- Pepper
- 1 small butternut squash
- ½ red onion
- ½ yellow pepper
- 1/3 cup dried cranberries
- 1 can black beans
- 1/3 cup chopped walnuts
- ½ cup feta or goat cheese
- 1 bag spinach or arugula greens
- 1 teaspoon black pepper
- ½ teaspoon salt
- Optional Toppings – parmesan cheese, any vegetables, shredded chicken, lemon or lime juice

Grocery List – Add optional ingredients as desired

Produce

- 1 red onion
- 1 bag or box spinach or arugula
- 1 butternut squash
- 1 yellow pepper
- 1 orange

Canned Goods

- 1 can no salt added black beans
- 1/3 cup walnuts
- 1/3 cup dried cranberries

Pantry

- salt
- pepper
- olive oil
- balsamic vinegar
- maple syrup
- garlic powder

Dairy

- ½ cup feta or goat cheese