
WINTER SQUASH SALAD

This hearty salad will bring flavor and nutrients to your table



Winter Squash Salad

Here's a salad that pulls out all the stops for the winter. Delicately roasted winter squash, toasted walnuts, delicious greens, and a simple dressing will make this a hit at your table.

- ❖ 6 cups arugula or raw spinach (pre-washed and ready to serve)
- ❖ 1 acorn or butternut squash, whole
- ❖ 1 cup toasted walnuts
- ❖ 1/2 cup diced sourdough bread (about 1 slice)
- ❖ Dressing: Light spray of olive oil, balsamic vinegar to taste, cracked black pepper, chopped fresh parsley, small squeeze of lemon

Roast the acorn or butternut squash until it is tender. Cut it in half, remove the seeds and then remove the squash from the peel with a spoon. Allow to cool and dice into large 1-inch cubes. Place the arugula in a bowl with the toasted walnuts, squash, and bread. Toss lightly with the dressing ingredients and serve immediately.

Serves 3. Each 2 cup serving: 447 calories, 26g fat, 3g saturated fat, 0g trans fat, 0mg cholesterol, 126mg sodium, 50g carbohydrate, 12g fiber, 4g sugars, 11g protein.