



Fall Harvest Salad

5 Servings • 1 Serving = 1 Cup

Tips on Butternut Squash



How To Store

Store fresh squash in a cool, dark place away from direct sunlight for 2-3 months.



How To Use

Add to salad, soup, risotto or roast with spices & vinaigrette.



Health Benefits

Lowers blood pressure, improves digestion & boosts immunity.

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

- Preheat oven to 400°F. Add butternut squash, 2 Tablespoons olive oil, garlic powder, salt, and pepper in a bowl. Toss to combine.
- Transfer to a baking sheet and cook for 20 minutes, flipping halfway through. When finished, remove from oven and let cool.
- In a large bowl, combine kale, apple, pomegranate seeds, feta cheese pepitas, and butternut squash.
- In a mason jar, combine white wine vinegar, remaining olive oil, Dijon mustard, and a pinch of salt and pepper. Shake to combine.
- Addressing to salad and toss gently.

Nutrition Facts

5 servings per container	
Serving size	1 cup
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 25g	9%
Dietary Fiber 7g	25%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 3mg	15%
Potassium 576mg	10%
<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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