

Butternut Squash & Apple Salad

(delicious hearty fall side dish)

Makes a large bowl: Servings 10 – excellent party dish. A creative idea is to serve it out of a pumpkin!

Preparation: 40 min & Cook: 30-40 min

Ingredients:

- 1 butternut squash, cut in 1/2 inch pieces
- 1/2 large yellow onion, cut in happy smiles
- 3 cloves of garlic, minced
- 1 T olive oil
- 1/2 tsp. sea salt
- 1/8 tsp. pepper
- 1/2 tsp. crushed red pepper
- 2 red apples, cored and cut in 1/2 inch pieces
- juice of 1/2 lemon
- 1 T apple cider vinegar
- 1/2 c. chopped cilantro
- 1 T chopped mint
- 10 Medjool dates, pitted & chopped

Directions:

1. Preheat oven to 400°F.
2. Peel squash, halve it lengthwise, and scoop out the seeds. Cut into 1/2-inch pieces.
3. Place squash, onions, minced garlic in a large pan. Toss with olive oil, sea salt, pepper, and crushed red pepper. Spread everything in a single layer. Then bake in oven, tossing occasionally, until tender (approx. 40 min). When done let the squash mixture cool completely.
4. While squash mixture is baking, core apples and cut in 1/2 inch pieces.
5. Finely, chop cilantro and mint (using a small food chopper makes this very easy).
6. Put apples, cilantro, and mint in mixing bowl. Then toss in lemon juice, apple cider vinegar, cilantro, and mint.
6. Add cooled roasted squash and dates to the apple mixture and toss thoroughly to coat.
7. Refrigerate for 30 minutes and serve cold.



Nutrients per serving: 142.3 calories, 1.57g protein, 34.2g carbohydrates, 1.63g fat