

# BUTTERNUT SQUASH SALAD

*Full of the flavors of fall*



Medium



45 minutes



Dinner



06 Servings

## INGREDIENTS

4 cups peeled and cubed butternut squash

1 Tbsp olive oil

½ tsp dried thyme

Salt and freshly ground pepper

½ cup chopped walnuts, candied & toasted

½ cup thinly sliced red onion

3 oz feta or goat cheese, crumbled

5 oz kale or spinach

### Vinaigrette

3 Tbsp real maple syrup

2 1/2 Tbsp apple cider vinegar

2 tsp Dijon mustard

1 clove garlic, minced

3/4 tsp dried, crushed

Salt and freshly ground black pepper

1/3 cup olive oil

## COOKING STEPS

1. For the salad: Preheat oven to 400 degrees. Spray a rimmed baking sheet lightly with non-stick cooking spray. Place squash in a mound on baking sheet.
2. Spread into an even layer and roast in preheated oven 15 - 20 minutes, tossing once after 10 minutes, until tender.
3. For the vinaigrette: In a small saucepan whisk together maple syrup, apple cider vinegar, mustard, garlic and rosemary.
4. Bring to a boil over medium heat, then allow to boil, stirring frequently, 2 1/2 minutes. Remove from heat and stir in olive oil and season with salt and pepper (about a scant 1/4 tsp of each).
5. To a salad bowl add lettuce blend, squash, walnuts, red onion, feta, and cranberries. Gently toss salad.
6. Whisk dressing then drizzle over salad and lightly toss. Serve immediately after adding vinaigrette.

*Recipe Adapted from Cooking Classy*



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