

Fall Harvest Salad



Recipe:

Fall Harvest Salad

Serves: 6

Serving Size: 2 ½-3 cups salad with 2 Tbsp salad dressing

Ingredients:

- 3 cups of roasted butternut squash (1.5 lbs uncooked)
- ¾ cup of Maple Ginger Vinaigrette
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- 18 ounces (6 ¾ cups) of spring mix lettuce
- 3 cups of wild rice, cooked
- 2 Tbsp. of green onions, sliced thin
- 2 Tbsp. of dried cranberries
- 2 Tbsp. of walnuts, toasted & chopped

MAPLE GINGER VINAIGRETTE INGREDIENTS

- 1 medium fresh pear (without core or stem), roasted
- ¼ cup shallot, minced
- 1 tsp of fresh garlic, minced
- 1 tsp of fresh ginger, minced
- ½ cup of apple cider vinegar
- ¼ cup of pure maple syrup
- 1 tsp of Dijon mustard
- ½ cup of apple juice
- ½ tsp of black pepper

Instructions:

SALAD INSTRUCTIONS

1. Preheat oven to 400 ° F.
2. Toss 2 pounds of butternut squash, peeled and diced into $\frac{3}{4}$ inches cubes, with 2 teaspoons of real maple syrup and 1 teaspoon of olive oil; season with $\frac{1}{4}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of black pepper.
3. Roast butternut squash for 20-25 minutes until just cooked through; once removed, reduce heat to 350° F.
4. Prepare Maple Ginger Vinaigrette Dressing:
5. Place the whole pear on a sheet pan and roast for 25-30 minutes at 350° F until softened and slightly caramelized.
6. Place the pear in the blender with the remaining ingredients and puree until smooth.
7. Combine the lettuce, rice, squash, onions, and dried cranberries with the dressing and toss together.
8. Place mixture in bottom of a bowl.
9. Garnish with chopped walnuts.

Nutrition Facts:

Calories 356
Fat (g) 11
Carbohydrate (g) 67
Protein (g) 7
Sodium (mg) 202

Percent Calories

Protein: 8%
Fat: 28%
Carbohydrates: 64%

Submitted by Marisa Mozer, MS, RD, LDN, CNSC on behalf of ON DPG