



Roasted Butternut Squash & Spinach Salad

INGREDIENTS:

1 lb. butternut squash, peeled and seeded
1 tbsp. olive oil
1 to 2 tbsp. maple syrup
Salt and pepper to taste
1/4 cup dried cranberries
4 oz. spinach (or spinach and arugula mix)
1/2 cup toasted walnut halves
1/2 cup freshly grated Parmesan cheese
Vinaigrette
1/2 cup apple cider or apple juice
2 tbsp. cider vinegar
2 tbsp. minced shallots
3 tsp. Dijon mustard
1/3 cup olive oil

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DIRECTIONS:

Preheat oven to 425 degrees F. Peel and cut squash into 1-inch chunks or cubes. Place on a sheet pan and toss with 1 tbsp. olive oil, maple syrup, salt and pepper. Roast for 30 minutes, stirring once. Add cranberries to the pan for the last 5 minutes of roasting.

Combine the apple cider, vinegar and shallots in a saucepan and boil over medium-high heat for about 8 minutes, until the cider has reduced. Remove from stove and add the mustard and 1/3 cup olive oil. Season with salt and pepper to taste.

Place the spinach in a large bowl and add the roasted squash. Top with walnuts and grated Parmesan cheese. Spoon vinaigrette over the salad to lightly moisten and toss well. Serves 4.

