Warm Butternut Squash Salad
A Healthier Option Recipe

Ingredients

**Butternut Squash**
- 1 lb. butternut squash, diced
- 2 tbsp. olive oil
- 2 tsp. maple syrup
- 1/8 tsp. ground pasilla chili pepper (or ground chili pepper)
- 1/2 tsp. ground cinnamon
- 1 small garlic clove, minced
- 2 ounces of fresh green beans
- 2 1/2 - 3 tsp. cider vinaigrette (see recipe below)
- 2 1/2 - 3 tsp. toasted almonds (see recipe below)
- 1 1/2 tbsp. dried cranberries
- Salt & pepper to taste

**Cider Vinaigrette**
- 2 tbsp. apple cider
- 1 1/2 tsp. cider vinegar
- 2 tsp. minced shallots
- 1/2 tsp. Dijon mustard
- 1 tbsp. extra virgin olive oil
- 1/2 tsp. maple syrup
- 1/2 tsp. orange zest
- Salt & pepper to taste

**Toasted Almonds**
- 3 tbsp. sliced almonds

Preparation

**Butternut Squash**
Preheat oven to 375° F. Combine olive oil, maple syrup, chili powder, cinnamon, and garlic and whisk together. Toss squash in mixture to coat. Place squash on a baking sheet and bake at 375° F for 20 minutes, stirring once during baking, until fork tender. Keep warm. In microwave or pan, steam beans for 5 minutes. In a bowl, combine squash, beans, cider vinaigrette, toasted almonds, and dried cranberries and mix well. Season with salt & pepper.

**Cider Vinaigrette**
Combine the cider and shallots in a pot and simmer on low until reduced by half. Cool for later use. In a bowl, combine orange zest, maple syrup, mustard, vinegar, and the cider reduction and whisk. Slowly whisk the olive oil into the mixture until mixed. Season with salt & pepper.

**Toasted Almonds**
Preheat oven to 325 °F. Place almonds on sheet tray, bake for 10 minutes. Let cool.

Nutrition Information (per 3 oz. portion)

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