

Roasted Butternut Squash and Apple Salad

Yields: 4 servings Preparation Time: 45 minutes

Ingredients

1 small butternut squash, peeled and chopped
3 granny smith apples, cored and chopped
½ tablespoon olive oil
salt and pepper
8 cups mixed greens
½ cup pepitas peppers
¾ cup feta cheese
4 garlic cloves, minced
1 tablespoon Dijon mustard
1 tablespoon whole grain mustard
¼ cup maple syrup
¼ cup apple cider vinegar
1 cup canola oil



Instructions

1. Preheat oven to 400 degrees.
2. Place cut butternut squash and apples on a large baking sheet. Drizzle ½ tablespoon of oil and coat the squash and apples. Season with salt and pepper. Roast for 25-30 minutes, turning once, until tender. Remove from oven and let cool.
3. In a small bowl whisk together the garlic, mustards, maple syrup, and cider vinegar. Slowly whisk in the canola oil to emulsify the dressing. Season with salt and pepper.
4. Add the mixed greens, pepitas peppers, and feta cheese in a large mixing bowl. Drizzle half the dressing into the salad and toss until coated. Place salad onto chilled plates and top with roasted butternut squash and apples. Drizzle remaining dressing over salad.