

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- December -

WINTER SQUASH

BUTTERNUT SQUASH SALAD

SALAD

2 cups of butternut squash, peeled and cubed into 3/4 inch pieces

1 cup cooked quinoa

3 large handfuls of arugula or mixed greens

1/4 cup thinly sliced red onion

1 cup pomegranate seeds (about 1 small pomegranate)

1 tsp fresh rosemary, chopped (or 1/4 tsp dried)

1 tsp fresh thyme, chopped (or 1/4 tsp dried)

1/4 tsp salt

MAPLE VINAIGRETTE

1.5 Tbl pure maple syrup

1 Tbl apple cider vinegar

1 tsp Dijon mustard

1/4 tsp salt

2 Tbl olive oil

Preheat oven to 400F. Toss butternut squash, rosemary, thyme and salt in a bowl with some olive oil to coat. Place on a lined baking sheet and bake in preheated oven for 15-20 minutes. Let cool for 10 minutes before adding to salad.

Place all salad ingredients in a medium serving bowl and set aside. In a small bowl whisk dressing ingredients together and salt to taste. Dress salad right before serving and enjoy.

*Recipe by Gabrielle
Chronister*



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