



Roasted Acorn Squash Salad

Prep time: 25 minutes

Cook time: 20 minutes

Makes: 4 Servings

This baked squash salad will surprise your palate with its spicy cinnamon flavor, sure to warm you from the inside out.

Ingredients

1/4 teaspoon Crushed red pepper flakes

1/4 teaspoon ground cinnamon

Nutrition Information

Nutrients	Amount
Calories	488
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	353 mg
Total Carbohydrate	88 g
Dietary Fiber	11 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	10 g
Vitamin D	0 mcg
Calcium	98 mg
Iron	3 mg
Potassium	784 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	1 1/2 cups
 Grains	3 1/2 ounces

1/2 teaspoon Kosher salt

1 large acorn squash (seeded, and sliced 1/2 inch thick, about 2 pounds)

3 tablespoons olive oil

1 cup apple cider

2 cups pearl couscous

3 tablespoons red wine vinegar

2 teaspoons Dijon mustard

1/2 small red onion (thinly slice)

4 cups baby spinach

1/4 cup toasted pecans (roughly chopped, optional)

Directions

1. Heat oven to 425 degrees F. In a small bowl, combine the red pepper, cinnamon, and 1/2 teaspoon of salt. On a large rimmed baking sheet, toss the squash, with 2 tablespoons of oil, then the spice mixture. Arrange the squash in an even layer and roast, turning once, until lightly golden brown and tender, 18 to 22 minutes.

2. Meanwhile, bring the cider to a boil in a small saucepan. Reduce heat and simmer until liquid has reduced to 1/4 cup, about 15 minutes. Cook the couscous according to package directions.

3. In a large bowl, whisk together the reduced cider, vinegar, mustard, and the remaining 1 tablespoon of oil.

4. Add the couscous, onion and spinach to the dressing. Toss until the spinach is beginning to wilt, then carefully fold in the squash. Sprinkle with the pecans if desired.

Notes

Easy Upgrade: Sprinkle blue cheese and 1/4 cup dried cherries over the salad.

Source: A First Lady's Favorite from Woman's Day