



Fit & Flavorful
Butternut Squash and Apple Salad
Recipe by Executive Chef Mark Beland



Calories: 125 Protein: 4g Carbohydrates: 25g Total Fat: 2g
Saturated Fat: 0.5g Unsaturated Fat: 1.5g Trans Fat: 0g
Cholesterol: 1mg Sodium: 95mg Fiber: 5g

Yield: 6

Mayo Clinic Exchange: 2 ½ vegetables, ½ fruit, ½ carbohydrate

Ingredients

1 butternut squash, peeled/seeded, cut ½ in. pieces	<u>Dressing:</u>
2 tsp. olive oil	½ c. low-fat plain yogurt
2 apples of choice, cored, cut ½ inch pieces	2 tsp. balsamic vinegar
6 oz. spinach, chopped	1 ½ tsp. honey
1 ½ c. celery, chopped	1 tsp. nutmeg
6 oz. arugula, chopped	
2 c. carrots, chopped	

Preparation

Toss squash in olive oil, roast in 400 degree oven for 20-30 minutes until golden brown and soft. Cool completely. Place all vegetables in large bowl. Mix together yogurt, vinegar, honey and nutmeg and whisk until smooth. Pour dressing over salad and toss.