



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

BUTTERNUT SQUASH SALAD

½ large butternut squash, cut into ½ inch cubes (about 4 cups)

2 tablespoons olive oil

1 teaspoon Italian seasoning

1 teaspoon garlic powder

½ teaspoon salt

¼ teaspoon black pepper

5 ounces baby kale

½ cup walnuts

½ cup dried cranberries

¼ cup feta cheese (+ more to top), crumbled

LEMON DRESSING:

¼ cup olive oil

2 tablespoons lemon juice

½ teaspoon salt

¼ teaspoon ground black pepper

1. Preheat oven to 400 degrees F.
2. In a large mixing bowl, toss together butternut squash, olive oil, Italian seasoning, garlic powder, salt, and pepper. Transfer to a quarter baking pan and roast for 30 minutes until tender. You could also pop it into an air fryer in a single layer at 400F for 12-15 minutes.
3. In a large serving bowl, combine baby kale, butternut squash, walnuts, dried cranberries, and feta cheese.
4. In a small mixing bowl, whisk together olive oil, lemon juice, salt, and pepper. Pour desired amount of dressing over salad and toss to combine. Sprinkle more feta on top, if desired.

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