

ROASTED BUTTERNUT SQUASH & WHEATBERRY SALAD



INGREDIENTS

Wheatberry Salad Ingredients

1 lb	Wheatberries
1 lb	Baby arugula
1/2 cup	Pecans (roughly chopped)
1/2 cup	Scallions (thinly sliced)
1 cup	Cranberries (dried, sweetened)
24 svgs	Roasted butternut squash
24 svgs	Dressing

Dressing Ingredients

2 oz	Salad oil
2 Tbs	Dijon mustard
2 Tbs	Apple cider vinegar
1/2 tsp	Salt
1 tsp	Black pepper

Roasted Butternut Squash Ingredients

4.5 lbs	Butternut squash (cubbed)
1 Tbs	Salad oil
1/2 tsp	Salt
1 tsp	Black pepper

(See back)

INSTRUCTIONS

1. In a large bowl, toss squash with oil, salt and pepper to coat. Place in single layer on baking sheet.
2. Bake at 400°F for approximately 15-20 minutes or until tender and slightly browned on edges. Remove from oven and cool. Set aside.
3. Fill pot with water and add wheatberries. Bring to boil over high heat and reduce to simmer. Cook for approximately 25-30 minutes or until tender. Drain, rinse and set aside.
4. In a separate bowl, combine all dressing ingredients and whisk until well blended.
5. In large mixing bowl, combine all salad ingredients and toss to incorporate.

Best when served immediately.

NUTRITION

Calories:	140
Sodium:	90 mg
Trans Fat:	0 g
% Calories from	
Saturated Fat:	3%



*Number of Servings: 24 (113 g per serving)
Recipe courtesy of Southern Maine Health Care*