# Autumn Salad

*Recipe from San Antonio Food Bank*

**Culinary Intro:** This is a nice change from the average salad.

**Nutrition Intro:** This salad is a delicious way to get in your servings of vegetables and helps you accomplish eating a variety of colors from fruits and vegetables.

## Prep Time:

**Ingredients for 4 servings**

Each serving = 2 cups

**Cost per serving:**
- 1 Small butternut squash
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp Ground black pepper
- ¼ tsp garlic powder
- 4 cups baby spinach
- 1 small red onion, thinly sliced
- ⅛ cup dried cranberries
- ⅛ cup chopped pecans, toasted

**Dressing**
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- Salt & pepper, to taste

## Steps:

1. Preheat oven to 425 degrees.
2. Peel, seed and cube the butternut squash and place into a large bowl. Add in the olive oil, salt, pepper and garlic powder and toss well to combine.
3. Place onto a foil-lined sheet pan and roast for 30 minutes. Remove and allow to cool.
4. Place all salad ingredients in a large bowl. Drizzle with the dressing and toss well to combine.

## Culinary/Nutrition Notes for Demo:

<table>
<thead>
<tr>
<th>Number</th>
<th>Culinary</th>
<th>Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>How to cut butternut squash</td>
<td>Butternut squash is considered a winter squash. It has a very sweet flavor and when roasted can caramelize nicely. It contains many nutrients that help the body achieve maximum function.</td>
</tr>
<tr>
<td>2</td>
<td>The color of the squash and cranberries complement each other on the green background from spinach</td>
<td>The healthy fats from the olive oil and pecans enables you to absorb the nutrients from the butternut squash and spinach.</td>
</tr>
<tr>
<td>3</td>
<td>How to toast nuts; impact on flavor</td>
<td>You can roast the squash ahead of time and store it in the refrigerator so it can be ready to use at any time.</td>
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<tr>
<td>4</td>
<td>Click here to enter text.</td>
<td>Homemade dressing is a great way to control the type of fat and amount of added sugar and salt. Store-bought dressing are typically full of preservatives, salt, and added sugars.</td>
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</tbody>
</table>

## Clean-up/Review comments

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**Materials**

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1.</td>
<td>1 cutting board</td>
</tr>
<tr>
<td>2.</td>
<td>1 Chef’s knife</td>
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<tr>
<td>3.</td>
<td>1 bowl for trash</td>
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<tr>
<td>4.</td>
<td>1 serving dish for final presentation</td>
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<tr>
<td>5.</td>
<td>mise en place cups</td>
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<tr>
<td>6.</td>
<td>1 electric skillet</td>
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<td>7.</td>
<td>1 can opener</td>
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<td>8.</td>
<td>Oven</td>
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<td>9.</td>
<td>Large bowl</td>
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<td>10.</td>
<td>Baking sheet</td>
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<tr>
<td>11.</td>
<td>foil</td>
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<td>12.</td>
<td>1 strainer/ sieve</td>
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<tr>
<td>13.</td>
<td>silicone spatula</td>
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<tr>
<td>14.</td>
<td>measuring cups</td>
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<tr>
<td>15.</td>
<td>measuring spoons</td>
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<tr>
<td>16.</td>
<td>paper plates/ cups/ soufflé cups</td>
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<tr>
<td>17.</td>
<td>tasting spoons</td>
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<tr>
<td>18.</td>
<td>paper towels</td>
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<tr>
<td>19.</td>
<td>tablecloth</td>
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<tr>
<td>20.</td>
<td>kitchen towel</td>
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<td>22.</td>
<td>copies of recipe</td>
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</tbody>
</table>

**Shopping List**

**Produce**
- butternut squash
- Red onion
- Baby spinach

**Dry Goods**
- Olive oil
- Salt
- Black pepper
- Garlic powder
- Dried cranberries
- Balsamic vinegar
- Olive oil
- Dijon mustard
- Pecans

**Condiments**
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**Paper Goods**
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Prepping for demo:

- Estimated time for preparation: Click here to enter text.