

Michigan Winter Salad

Golightly Career & Tech Center



Ingredients

3 oz. roasted butternut squash, cubed
¼ tsp. olive oil
1/8 tsp. Michigan sugar
½ apple, cubed
1oz Michigan dried cherries
1 Tbsp. toasted walnuts
1 oz. grated carrots
Fresh mint – garnish

Dressing:

½ oz. Honey
2 drops of mint oil
Blend together

Directions

Preheat oven to 350 degrees.

Wash, peel and seed squash, cut 3 ounces into cubes. Toss squash in olive oil, then sprinkle with sugar. Roast butternut for 10 minutes. Cool. Toss squash with apples and cherries.

Blend dressing and drizzle over mixture. Garnish with grated carrot and walnuts. Add fresh mint if available

Nutritional Information

Calories per serving	145
Total Fat	5g
Saturated Fat	1g
Cholesterol	0
Sodium	12mg
Total Carbohydrate	27g
Dietary Fiber	2g
Protein	1g

Servings 2