



Butternut Squash & Baby Beets Arugula Salad

Servings

6

Calories

130

Prep Time

8 minutes

Total Time

14 minutes

Skill Level

Easy

Ingredients

1 (20 ounces) package Mann's Butternut Squash Cubes

4 cooked beets, quartered

3 cups wild arugula salad mix, washed and ready to eat

1 ½ cups feta cheese, coarsely crumbled

Dressing

1 small shallot, chopped

1 tablespoon balsamic vinegar

2 tablespoons extra virgin olive oil, divided

kosher salt white pepper



The Method

In Place Butternut Squash Cubes in large bowl with ¼ cup of water. Cover and microwave for 6 minutes. Drain water and set aside to cool.

Place butternut squash, beets, arugula and feta cheese in a large bowl.

For Dressing:

Mix shallot, balsamic vinegar, extra-virgin olive oil and whisk. Add kosher salt and pepper to taste.

Pour over mixed salad, toss and serve. Enjoy!

Nutrition Facts

Serving Size: 207g | Servings: 6

Amount Per Serving

Calories 130 | Calories from Fat 45 | Total Fat 5g (sat fat 0.5g trans 0g) | Cholesterol 0mg | Sodium 75mg | Total Carbohydrate 22g |

Dietary Fiber 5g | Sugars 9g | Protein 3g | Vitamin A 210% | Vitamin C 45% | Calcium 8% | Iron 10%