



Mann's Butternut Squash & Broccolini® Salad with Dijon

Servings

6

Calories

230

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 (6 ounces) packages Mann's Broccolini®, stalks trimmed in half

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

2 tablespoons dry vermouth

2 tablespoons white wine vinegar

1 large shallot, chopped

2 teaspoons Dijon mustard, coarse-grained

½ cup extra-virgin olive oil

2 tablespoons fresh parsley, chopped



The Method

Blanche Broccolini® in large saucepan of boiling salted water until crisp-tender, 2 minutes and drain. Transfer to bowl of ice water to cool. Drain, pat dry with paper towels.

Cook Butternut Squash in large pot of boiling water until just tender, about 6 minutes. Drain; Rinse with cold water and transfer to large bowl. Sprinkle vermouth over warm butternut squash; toss gently and let stand 5 minutes. Whisk vinegar, shallot, and mustard in small bowl. Gradually whisk in oil. Pour over butternut squash and toss to coat. Cool completely. Mix in Broccolini® and parsley. Season to taste with salt and pepper. (Can be made 1 day ahead) Cover and refrigerate. Serve cold or at room temperature.

Nutrition Facts

Serving Size: 156g | Servings: 6

Amount Per Serving

Calories 230 | Calories from Fat 170 | Total Fat 19g (sat fat 2.5g trans 0g) | Cholesterol 0mg | Sodium 55mg | Total Carbohydrate 14g | Dietary Fiber 2g | Sugars 3g | Protein 2g | Vitamin A 210% | Vitamin C 80% | Calcium 6% | Iron 6%