

Autumn Pearl Couscous Salad with Roasted Butternut Squash

Chef *Marleta* of D'Avolio

RECIPE MAKES: 20 SERVINGS

INGREDIENTS

- 1 butternut squash, peeled and diced
- **2 Tbsp. D'Avolio Chipotle Olive Oil**
- **1 ½ cups D'Avolio couscous (cooked to package directions)**
- 3 heaping cups baby spinach
- ½ cup each: thinly sliced red onions, dried cranberries (unsweetened), toasted pecans
- **3 Tbsp. D'Avolio Tangerine Balsamic Vinegar**
- 1 tsp. honey
- 1 Tbsp. Dijon mustard
- ¼ tsp. garlic powder
- 2 Tbsp. apple cider vinegar
- **1/3 cup D'Avolio Blood Orange Olive Oil**

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(87g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 20mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Position a rack in the center of the oven and preheat the oven to 425°F. Place the diced butternut squash on a baking sheet, toss in olive oil, and sprinkle with salt and pepper. Spread squash out in an even layer
2. Roast squash for 20-25 minutes total, tossing halfway through or as needed. While the squash is roasting, prepare the couscous according to package directions
3. For dressing: add the balsamic, mustard, garlic powder, honey, apple cider vinegar, olive oil, and a pinch of salt and pepper to a mason jar. Screw on the lid and shake until combined. Taste and adjust seasonings as desired
4. In a large bowl, toss together all the ingredients of the salad with the dressing and serve. Alternately, you can dress only portions of the salad and refrigerate the rest in an airtight container

Healthy Options

