

Recipes makes: 16 servings (~1/2 Cup each)



### Ingredients-

#### Salad

- ♥ 1 Medium butternut or hubbard squash, cubed
- ♥ 1 Small onion, chopped
- ♥ 5 Tbsp D'Avolio Red Cayenne Extra Virgin Olive Oil
- ♥ 2 Cups pearl couscous
- ♥ 2 ½ Cups water
- ♥ 2 Cups Arugula
- ♥ ¼ Cup unsalted roasted almonds
- ♥ ½ Cup shaved parmesan

#### Dressing

- ♥ 1 Tbsp + 1 tsp D'Avolio Blood Orange Extra Virgin Olive Oil
- ♥ 1 Tbsp D'Avolio Premium White Balsamic Vinegar
- ♥ ¼ tsp lemon juice
- ♥ 1 lime, zested and juiced
- ♥ 1 orange, zested and juiced
- ♥ 1 ½ tsp honey
- ♥ 1 tsp black pepper
- ♥ 1 tsp chili flakes (optional)

### PREPARATION:

1. Preheat the oven to 400 degrees F. In a bowl, toss the cubed squash with 2 Tbsp D'Avolio Red Cayenne Extra Virgin Olive Oil.
2. Spread the squash out on one or two baking sheets and place in the oven for 15-25 minutes. Rotate the pan halfway through. Remove when squash is softened and golden brown. Set aside to cool.
3. In a medium size pot, bring the water to a boil then add the couscous. Reduce heat to a simmer and cook for about 12 minutes or until the water is absorbed. Be careful to not overcook or it will stick together. If it is cooked before the water is gone, simply drain the couscous.
4. Toss the couscous in a large bowl with 1 ½ Tbsp D'Avolio Red Cayenne Extra Virgin Olive Oil. Let it cool in the fridge.
5. In a small sauté pan, combine the onion and remaining 1 ½ Tbsp D'Avolio Red Cayenne Extra Virgin Olive Oil. Cook over medium low heat until golden in color.
6. Make the dressing by combining all ingredients and whisking together or shaking in a jar.
7. Toss onions and squash with couscous in a large bowl. Add dressing and toss to coat. Next, add arugula and parmesan, and mix together. Top with a few arugula leaves, a drizzle of balsamic vinegar, a bit of parmesan cheese, and enjoy!

Nutrition Facts	
Serving Size: ~1/2 Cup	
Servings: 1	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1.5g	7%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>1%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 3g	11%
Sugars 2g	
<b>Protein</b> 5g	
Vitamin A 80%	Vitamin C 25%
Calcium 8%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

