



## RECIPE:

# Acorn Squash, Cranberry, and Kale Salad

Number of Servings: 8

### Ingredients:

- 1 c. brown rice, uncooked
- 2 c. no salt added vegetable broth
- 1 acorn squash, cubed
- 2 Tbsp. vegetable oil
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. balsamic vinegar
- ¼ c. vegetable oil
- 1 Tbsp. maple syrup
- 1 tsp. mustard (Dijon or other)
- 4 c. kale leaves, chopped
- ½ c. dried cranberries
- ¼ c. pumpkin seeds
- ½ c. crumbled feta cheese (optional)

### Directions:

1. Wash hands with soap and water.
2. Scrub acorn squash with clean vegetable brush under running water and then cube. Gently rub kale leaves under cold running water and then chop.
3. Preheat the oven to 375 degrees F.
4. Cook rice in broth according to package directions.
5. Mix cubed squash with vegetable oil, salt and pepper. Place squash in a baking dish. Roast squash for 20 minutes or until fork tender.
6. Combine vinegar, oil, maple syrup and mustard in a small bowl until well combined.
7. Place kale in large bowl and pour half the dressing over the top. Massage leaves for 2-3 minutes until softened. Add cooked rice, squash, dried cranberries, pumpkin seeds and feta cheese if using. Mix until combined.
8. Pour desired amount of remaining dressing and mix.

### Nutrition Info:

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 85mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 334mg	<b>8%</b>
*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.	