



Nourish Recipe

Butternut Squash Kale Salad with Maple Bacon Vinaigrette

Servings: 2-4

Prep: 10 minutes
Cook: 40 minutes

Recipe courtesy of
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What you'll need



measuring spoons



measuring cups



sheet pan



blender

Ingredients

1 butternut squash, peeled and cubed

Olive oil

Salt to taste

Pepper to taste

2 bunches kale, de-stemmed and leaves torn

2 cups brussel sprouts, shredded

1 apple, thinly sliced

½ cup pomegranate seeds

¼ cup pumpkin seeds

3 strips bacon, cooked crispy, crumbled

Dressing

¾ cup olive oil

⅓ cup maple syrup

1 Tbsp balsamic vinegar

2 tsp grainy dijon mustard

3 strips bacon, cooked crispy

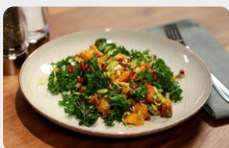
Salt to taste

Pepper to taste

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Instructions

1. Preheat the oven to 400°F.
2. Toss the butternut squash in a drizzle of olive oil, and sprinkle with salt and pepper. Arrange evenly on a sheet pan and bake for 40 minutes, flipping halfway.
3. Meanwhile, drizzle olive oil on the kale and mix well.
4. In a blender, blend all the ingredients for the dressing until smooth.
5. Once the butternut squash is cooked, toss with the remaining salad ingredients, and mix with the dressing.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories 321

% Daily Value

Total Fat 17.3g 22%

Saturated Fat 3.8g 19%

Cholesterol 16mg 5%

Sodium 400mg 17%

Total Carbohydrate 35.3g 13%

Dietary Fiber 6.2g 22%

Sugars 12.2g

Protein 11.4g

Vitamin D 0mcg 0%

Calcium 116mg 9%

Iron 4mg 20%

Potassium 918mg 20%