



Recipe



Title: Smoky Black Bean & Butternut Squash Kale Salad

Preparation time: 10 min

Cooking Time: 20-30 min

Servings: 4

Ingredients:

Directions:

1 medium
butternut squash
1 Tbsp olive oil
salt & pepper to taste

Wash, peel, seed and cube butternut squash. Heat oven to 400 F.
In a large bowl, mix butternut squash, olive oil, salt and pepper to taste.
Roast for 20-30 minutes or until browned and tender.
Remove from baking sheet and add to large salad bowl.

1 large bunch
lacinato kale
2 cups cooked black
beans, low sodium

Wash, stem, and cut kale. Add to salad bowl.
Cook or rinse black beans and add to salad bowl.

2 garlic cloves
2 Tbsp olive oil
2 Tbsp vinegar
1 Tbsp honey
1 Tbsp dijon mustard

In a small bowl, stir in olive oil, vinegar, mustard, honey, garlic, and salt & pepper to taste.
Add to salad bowl and toss with vegetables.
Enjoy!