VIP Salad
RECIPE

VIP Salad

COOK TIME	18 minutes
PREP TIME	5 min
MAKES	4 servings

Description: This surprisingly simple recipe will make any day feel like a special occasion. Sweet and tender roasted butternut squash, crunchy walnuts, and succulent pomegranate seed gems, may be the stars of the show, but SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils a hearty chew that will keep you satisfied. Enjoy as an impressive side dish, or entrée salad; there’s so much to love in this recipe. Chef tip: You can prepare the roasted butternut squash in advance and have on hand throughout the week or freeze on a sheet pan, then transfer to a storage bag to have it ready anytime.

INGREDIENTS

- Roasted Squash:
- 2 cups butternut squash, diced & roasted
- 1 Tbsp Extra Virgin Olive Oil
- Pinch salt & pepper
- Dressing:
- 2 Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. maple syrup
- 2 tsp. lemon juice
- Zest of 1/2 lemon
- Pinch of salt to taste
- Salad:
- 4 oz. arugula, washed
- 1 pouch of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils
- 2 oz. walnuts, chopped
- 2 oz. goat cheese crumbles
- 2 oz. pomegranate seeds

DIRECTIONS

1. Toss squash with olive oil, salt, and pepper. Bake on foil-lined sheet pan in 450oF oven for 12-18 minutes.

2. Tear corner of the SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils and microwave for 90 seconds. Pour into a wide bowl and set aside to cool for about 15 minutes.
3. In a large bowl, whisk together ingredients for the dressing.
4. Add arugula, roasted butternut squash, and SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils to the bowl and toss to coat with the dressing.
5. Transfer to a serving platter and top with goat cheese, pomegranate seeds, and walnuts.

NUTRITION INFO

Nutrient	Amount Per Serving
Calories	376
Total Fat	21 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	13 mg
Sodium	236 mg
Total Carbohydrate	41 g
Dietary Fiber	8 g
Total Sugars	8 g
Includes Added Sugars	3 g
Protein	10 g

MORE RECIPES

Sweet Garlic & Onion Chicken (Cook In Pouch Recipe!)

Cook time

1.5 minutes

Prep time

1 min

Cowboy Caviar Jar

Cook time

0 minutes

Prep time

10 min

Pulled Chicken & Slaw

Cook time

4-6 hours in clow cooker

Prep time

15 min

Chicken Mezza Bowl

Cook time

1.5 minutes

Prep time

5 min

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