

Butternut Squash and Black Bean Salad

serves 4

Adapted from orangette.net

OVERVIEW

Black beans, squash, and feta might sound like an odd combination but it really works in this warm, earthy salad. With a whopping 14 grams of fiber and 14 grams of protein, serve this salad as a main course for a complete meal.

INGREDIENTS

1 medium butternut squash, peeled, seeded and diced into 1-inch pieces

2 garlic cloves, minced, divided

1/2 teaspoon pumpkin pie spice

Pinch of salt

3 Tablespoons olive oil, divided

1 15-ounce can black beans, drained

1/4 cup chopped red onion, chopped fine

1/2 cup crumbled feta cheese

1/4 cup chopped cilantro

2 Tablespoons lemon juice

2 Tablespoons white vinegar

3 Tablespoons tahini paste, stirred

2 Tablespoons water

EQUIPMENT

Knife & cutting board

Bowls

Sheet pan

Compiled by Community Servings
18 Marbury Terrace, Jamaica Plain, MA
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DIRECTIONS

1. Roast squash: Preheat oven to 425 degrees. Combine squash, 1 garlic clove, pumpkin pie spice, salt, and olive oil in a large bowl and stir to coat the squash. Roast on a baking sheet about 20 minutes until soft and browned. Remove from the oven to cool slightly.
2. Make dressing: Combine remaining garlic, lemon juice, vinegar, and water in a bowl. Whisk in the tahini. If it looks too thick you can add more water to thin it out.
3. Assemble salad: Combine squash, black beans, onion, feta, and cilantro in a large bowl. Toss with the dressing and serve warm or at room temperature.



