



Prep 20 min Cook 20 min Ready in 40 min Servings 4

Butternut Squash & Arugula Salad with ACV Dressing

This delicious salad is high in fiber & vitamin A, contains the bitter green arugula, and the dressing has apple cider vinegar to support digestive health!

Ingredients

1 small squash	Butternut squash (Cubed and Cooked)
2 tbsp	Olive oil (For cooking the squash)
6 cup	Arugula
1/4 cup	Sunflower seeds (Raw)
1 medium	Apple (Cut into bite sized pieces)
1/4 cup, crumbled	Goat feta cheese (Optional)
1/4 cup	Apple cider vinegar (For dressing)
1/2 cup	Olive oil (For dressing)
4 clove(s)	Garlic (For dressing, minced)
1 tbsp	Dijon mustard (For dressing)
1 pinch	Sea salt (For dressing, to taste)
1 dash	Black pepper (For dressing, to taste)

Instructions

1. Preheat the oven to 400 degrees F.
2. Cut the butternut squash into cubes. Toss with 2 tbsp olive oil and a dash of salt and pepper. Add to baking sheet and cook for 20 minutes
3. While the squash is cooking add the arugula, sunflower seeds, and apple to a salad bowl. Set aside.
4. Prepare your dressing by combining apple cider vinegar, olive oil, garlic, Dijon mustard, salt, and pepper to a sealable jar or container. Shake to combine, set aside.
5. Once the butternut squash has cooled for 5 minutes, add it to your salad bowl, top with feta cheese (optional) and salad dressing and toss.
6. Serve and enjoy!

You can keep some of the ingredients separate and serve the next day! Yum!