

Roasted Squash Salad

- 10 cups butternut squash, chopped evenly into bite-size chunks
- 1.5 tablespoon coconut oil, melted
- 1 teaspoon Himalayan sea salt
- 4 ounces baby spinach, chopped
- 1/2 cup red onion, chopped very small
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 avocado, chopped in chunks
- 1/2 teaspoon Himalayan sea salt
- Ground black pepper, to taste



1. Preheat oven to 400° F. Place squash chunks into a large bowl and toss with coconut oil and sea salt. Bake for 30 minutes or until cooked through, flipping once. Remove from oven and let the squash chunks cool. This step can be done ahead of time. Just keep the squash in the fridge and complete step 2 the day you want to enjoy the salad.

2. While the squash are roasting, add the chopped spinach, onion, apple cider vinegar and lemon juice in a large bowl. Add cooled squash chunks to the bowl and stir to combine. Gently stir in avocado and add sea salt and ground pepper to taste.

3. Serve immediately or store in the fridge until ready to serve. Can be eaten cold or at room temperature. Store leftovers in a sealed container for up to two days. If needed, add a splash of extra lemon juice before serving.

Makes 5 servings.

Serving Size = 1 cup cooked vegetables and 1/8 avocado

Enjoy with 1 serving of on plan fruit & 3 oz protein for a complete meal.

