

Hearty Autumn Maple Salad

Recipe by Jesse Lane Lee from Joyous Health

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Ingredients:

Salad

- 3 cups raw butternut squash, peeled and diced in 1cm cubes
- ¼ cup coconut oil, melted
- 1 tsp cayenne pepper
- 2 tsp cinnamon
- 1 small yellow onion, thinly sliced
- 1/2 cup green lentils, rinsed
- 1 cup walnuts
- 10 dates, chopped
- 1 cup dried cranberries
- 2 fall apples, diced
- 8 oz baby spinach, washed

Maple Balsamic Dressing

- 2 Tbsp balsamic vinegar
- 2 Tbsp maple syrup
- 2 Tbsp olive oil
- 1 Tbsp Dijon mustard
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Toss butternut squash in 2 Tbsp coconut oil, cayenne pepper and cinnamon and bake for 30 minutes, flipping occasionally.
3. While the butternut squash is roasting, heat 2 Tbsp of coconut oil in a large frying pan on medium heat. Add the onions and cook for 20 minutes, stirring occasionally until browned.
4. Meanwhile, place the rinsed lentils in 1.5 cups of water and bring to a boil. Simmer for 15-20 minutes until al dente.
5. Whisk together balsamic vinegar, maple syrup, olive oil, Dijon mustard and salt and pepper.
6. Toss them with the walnuts, dates, dried cranberries, apples and dressing and serve over spinach.
7. You can serve Sweet Autumn Salad warm or chilled.