

# ROASTED SALMON & BUTTERNUT SQUASH SALAD

You only need one baking sheet to roast up this satisfying supper. You'll find this an especially pleasing way to highlight salmon, as naturally sweet squash and bitter greens (and sweet maple and tangy mustard) balance each other.

- 1 16-ounce package diced peeled butternut squash
- 5 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- $\frac{3}{4}$  teaspoon ground pepper, divided
- $1\frac{1}{4}$  pounds salmon fillet, skinned and cut into 4 portions
- 5 tablespoons cider vinegar
- 1 tablespoon maple syrup
- 1 teaspoon whole-grain mustard
- 1 5-ounce package arugula
- 3 cups chopped red cabbage


1. Preheat oven to 425°F.
2. Toss squash with 1 tablespoon oil and  $\frac{1}{4}$  teaspoon each salt and pepper. Spread on a large rimmed baking sheet. Roast, stirring once, for 15 minutes.
3. Push the squash to one side of the pan and line the empty side with foil. Place salmon on the foil and sprinkle with  $\frac{1}{4}$  teaspoon each salt and pepper. Continue roasting until the squash is tender and the salmon is cooked through, 5 to 10 minutes more.
4. Meanwhile, whisk the remaining 4 tablespoons oil,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper with vinegar, maple syrup and mustard in a large bowl. Set aside 2 tablespoons of the dressing. Add arugula, cabbage and the squash to the large bowl and gently toss. Serve the salad topped with the salmon and drizzled with the reserved dressing.

**SERVES 4:** 4 OZ. SALMON & 2 CUPS SALAD EACH

**Calories** 422, **Fat** 23g (sat 4g), **Cholesterol** 66mg, **Carbs** 22g, **Total sugars** 9g (added 3g), **Protein** 31g, **Fiber** 4g, **Sodium** 706mg, **Potassium** 1,210mg.

**ACTIVE:** 30 MINUTES

**TOTAL:** 35 MINUTES

 HIGH PROTEIN

 DAIRY FREE

 GLUTEN FREE

**ONE CUP** of winter squash supplies almost **300%** of the daily value for vitamin A.