

ROASTED SQUASH & BURRATA SALAD

Butternut squash is high in beta carotene and fiber. This is a balanced plant-based meal to add to the weekly rotation!

INGREDIENTS

- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- 4 cups cubed butternut squash
- 1 tablespoon minced shallot
- 1 tablespoon pomegranate molasses
- 1 tablespoon balsamic vinegar
- ½ teaspoon dried thyme
- 6 cups lightly packed baby arugula
- 1 burrata ball (3¾ ounces), sliced
- ¼ cup toasted chopped walnuts
- ¼ cup pomegranate seeds

DIRECTIONS

STEP 1

Preheat oven to 400 degrees F. Combine 1 tablespoon oil, cumin, paprika, 1/4 teaspoon pepper and 1/8 teaspoon salt in a medium bowl. Add squash; toss to coat. Spread on a large rimmed baking sheet and roast, stirring once, until tender, about 25 minutes.

STEP 2

Meanwhile, whisk shallot, molasses, vinegar, thyme and the remaining 2 tablespoons oil, 1/4 teaspoon pepper and 1/8 teaspoon salt in a small bowl.

STEP 3

When the squash has finished roasting, toss arugula with 2 tablespoons of the vinaigrette. Transfer to a serving platter. Scatter the squash over the arugula and top with burrata slices. Drizzle with the remaining 2 tablespoons dressing and sprinkle with walnuts and pomegranate seeds.

NOTES: Pomegranate molasses can be bought near the vinegar or molasses aisle in larger grocery stores. You can also make your own by simmering 4 cups of pomegranate juice, uncovered, in a sauce pan for 45-50 minutes.



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NUTRITION FACTS

Serving Size: 1 1/2 cup
Per serving: 297 calories, total carbohydrate 22g
Dietary fiber 4g, total sugars 6g, protein 9g, total fat 23g, saturated fat 6g, cholesterol 19mg