

Blackberry and Butternut Squash Harvest Salad

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/kale-butternut-squash-noodle-chinese-salad-recipe>

Ingredients:

- 10 ounces kale deboned and chopped
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 butternut squash 24 ounces, cubed
- 1 1/2 tablespoons olive oil
- salt to taste
- pepper to taste
- 1 cup pecans
- 1/3 cup pumpkin seeds
- 1 1/2 tablespoons maple syrup
- 1/8 teaspoon sea salt
- 1 teaspoon Dijon mustard
- 1 tablespoon maple syrup
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1/8 sea salt
- 12 ounces blackberries Driscoll's
- 1/4 cup goat cheese
- 1/4 cup dried cranberries

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 10 milligrams
4. Fat: 40 grams
5. Fiber: 8 grams

6. Protein: 10 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 430 milligrams
 9. Sugar: 12 grams
-

Thank you for visiting our website. Hope you enjoy Blackberry and Butternut Squash Harvest Salad above. You can see more 20 kale butternut squash noodle chinese salad recipe Dive into deliciousness! to get more great cooking ideas.