

Winter Squash Salad

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/acorn-flour-indian-fry-bread-recipe>

Ingredients:

- 1 cup cannellini beans dried
- 1 garlic head, cut in half crosswise
- 1 bay leaf
- 1/2 acorn or kabocha squash, seeds removed and sliced, peeled or unpeeled
- 2 cloves garlic
- 1/2 red onion largely diced
- 4 tablespoons olive oil divided
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika or piment d'Espelette, use more or less depending how much heat you like
- 1/2 teaspoon sumac optional
- 2 sardines canned, packed in olive oil, middle spine removed
- 2 slices gluten-free bread stale
- 1 tablespoon parsley finely chopped
- 1 tablespoon red wine vinegar
- 1/2 cup microgreens or herbs

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 480 milligrams
9. Sugar: 1 grams

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