



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Fall Mason Jar Salad with Maple Cider Vinaigrette

Mason Jar Salads are an easy and healthy make-ahead meal option. Savor fall flavors with this recipe featuring comforting, roasted butternut squash, protein-rich white beans, and a delicious Maple Cider Vinaigrette that will leave you loving every bite.



INGREDIENTS

SALAD

- 2 lbs peeled butternut squash, seeds removed and cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 cup quinoa
- 2 cups water
- 3 cups shredded cabbage
- ½ diced red onion
- 1 ½ cups cooked white beans
- 6 cups mixed greens

MAPLE CIDER VINAIGRETTE

- ¼ cup apple cider vinegar
- ⅓ cup olive oil
- 1 tablespoon Dijon or whole grain mustard
- 2 tablespoons maple syrup
- ¼ teaspoon fine sea salt
- freshly ground pepper

INSTRUCTIONS

1. To roast the squash, preheat the oven to 400°F and toss the butternut squash cubes in the olive oil. Arrange the squash into a single layer on a large baking sheet, sprinkle generously with salt and pepper, and roast for 40 minutes, or until fork tender. (Flip the squash halfway through baking).
2. While the squash is roasting, combine the dry quinoa and water in a small saucepan and bring the water to a boil. Cover with a lid and lower the heat, to let the quinoa cook until tender about 15 minutes.
3. While everything is cooking, finely shred the cabbage and dice the red onion, and then combine all of the dressing ingredients in a jar with a lid, and shake to mix well.
4. To assemble the salads, you'll need 3 quart-sized mason jars. Add ¼ cup of the dressing at the bottom, followed by 1 cup of shredded cabbage, a scant ¼ cup of diced red onion, ½ cup cooked quinoa, a scant cup of roasted squash cubes, ½ cup of white beans, and then fill the rest of the jar with mixed greens. (It's okay to tightly pack the mixed greens at the top).
5. Repeat the layers for each jar, and reserve any extra salad toppings in airtight containers in your fridge. Seal the jars with a lid and store them in the fridge for up to 5 days.
6. To serve, dump the contents of the jar into a large bowl and stir well to make sure all of the vegetables are dressed. Enjoy!

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