



Butternut Squash and Smoky Black Bean Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



47 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce
- ☐ 9 ounce baby arugula
- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups butternut squash cubed peeled ()
- ☐ 1 tablespoon dijon mustard
- ☐ 2 garlic cloves thinly sliced

- ☐ 2 ounces goat cheese crumbled
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 7 teaspoons olive oil extra-virgin divided
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 cup walnuts chopped

Equipment

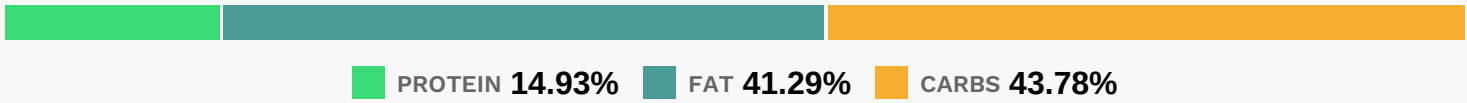
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425.
- ☐ Combine squash and 1 tablespoon oil; toss to coat. Arrange squash on a jelly-roll pan.
- ☐ Bake at 425 for 25 minutes or until tender.
- ☐ Arrange walnuts on jelly-roll pan; coat with cooking spray.
- ☐ Sprinkle 1/8 teaspoon salt over nuts; toss.
- ☐ Bake at 425 for 10 minutes or until toasted, stirring once.
- ☐ Combine 1 tablespoon olive oil, vinegar, mustard, honey, and adobo sauce in a bowl; stir with a whisk.
- ☐ Heat a medium nonstick skillet over medium heat.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add squash, remaining 3/8 teaspoon salt, pepper, and beans; cook 3 minutes or until heated through.
- ☐ Remove from heat; stir in 3 tablespoons adobo dressing; toss to coat.

- ☐ Combine remaining dressing and arugula; toss to coat. Divide arugula mixture evenly among 4 plates; top with bean mixture.
- ☐ Sprinkle evenly with nuts and cheese.

Nutrition Facts



Properties

Glycemic Index:57.07, Glycemic Load:7.83, Inflammation Score:-10, Nutrition Score:33.47260850668%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 22.26mg, Kaempferol: 22.26mg, Kaempferol: 22.26mg, Kaempferol: 22.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 448.64kcal (22.43%), Fat: 21.74g (33.44%), Saturated Fat: 4.3g (26.9%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 37.52g (13.64%), Sugar: 9.37g (10.41%), Cholesterol: 6.52mg (2.17%), Sodium: 1181.35mg (51.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.38%), Vitamin A: 16564.72IU (331.29%), Manganese: 1.54mg (76.91%), Vitamin K: 76.56µg (72.92%), Folate: 274.95µg (68.74%), Fiber: 14.34g (57.37%), Vitamin C: 39.97mg (48.44%), Magnesium: 181.21mg (45.3%), Copper: 0.72mg (36.05%), Potassium: 1201.26mg (34.32%), Vitamin B1: 0.5mg (33.29%), Phosphorus: 324.16mg (32.42%), Iron: 5.18mg (28.76%), Calcium: 244.32mg (24.43%), Vitamin E: 3.56mg (23.75%), Vitamin B6: 0.47mg (23.62%), Zinc: 2.35mg (15.68%), Vitamin B2: 0.23mg (13.48%), Vitamin B3: 2.7mg (13.48%), Vitamin B5: 1.3mg (13.01%), Selenium: 4.95µg (7.07%)