



Roasted Butternut Squash Ribbons with Arugula, Pancetta, and Hazelnut Salad

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 cup apple cider
- ☐ 5 ounces baby arugula
- ☐ 1.5 pounds butternut squash trimmed peeled
- ☐ 12 cups endive for soup (save ribs)
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup hazelnuts

- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 cup pancetta halved thinly sliced
- ☐ 8 servings pepper freshly ground
- ☐ 8 servings salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 teaspoons sugar

Equipment

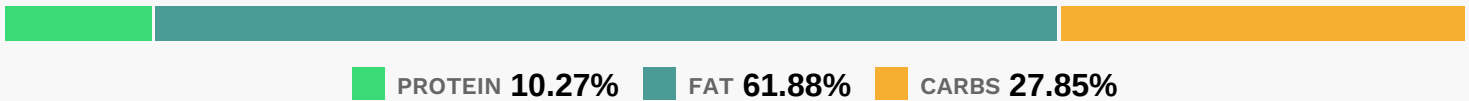
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ ziploc bags
- ☐ spatula
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Heat oven to 350°F with rack in middle.
- ☐ Roast hazelnuts on a baking sheet in oven until fragrant and pale golden inside (cut one open to test), 8 to 10 minutes (keep oven on). Wrap hot nuts in a towel and rub together to remove any loose skins. Halve nuts.
- ☐ While nuts are roasting, cook pancetta in a 9- to 10-inch heavy skillet over medium heat, stirring occasionally, until crisp.
- ☐ Transfer with a slotted spoon to paper towels to drain.

- ☐ Increase oven to 425°F with rack in middle. Lightly oil baking sheet.
- ☐ Halve squash lengthwise and seed. Use vegetable peeler to peel squash into long thin ribbons into a large bowl. Toss squash with 2 tablespoons olive oil and 1/4 teaspoon each salt and pepper in a large bowl until coated.
- ☐ Spread ribbons evenly on a 13- by 9-inch baking sheet, or arrange ribbons into a 13- by 9-inch rectangle on a larger baking sheet.
- ☐ Bake until tender, 15 to 20 minutes, then turn on broiler and broil until lightly browned, 30 seconds to 1 minute.
- ☐ Bring cider to a boil in a small saucepan, then boil until reduced to 1/4 cup, about 5 minutes.
- ☐ Whisk reduced cider with cider vinegar, shallot, Dijon mustard, sugar, and 1/2 teaspoon salt in a medium bowl.
- ☐ Add 1/2 cup oil in a slow stream, whisking, and whisk until emulsified.
- ☐ Toss arugula and chicory in a very large bowl with about 1/2 cup vinaigrette (there will be some left over). Then toss in pancetta and hazelnuts.
- ☐ Cut squash into 8 rectangles and carefully transfer each with a metal spatula to a plate. Divide salad among plates and drizzle a little of remaining vinaigrette on squash.
- ☐ •Salad recipe may be halved or quartered to serve 2 to 4 people, but we suggest roasting full amount of squash because leftovers are delicious!•Chicory can be prepared 1 day ahead and chilled in a resealable plastic bag with a towel.•Hazelnuts can be roasted 1 day ahead and kept at room temperature.•Vinaigrette can be made 1 day ahead and chilled, covered. Bring to room temperature and whisk before using.

Nutrition Facts



Properties

Glycemic Index:42.11, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:23.889565470426%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 13.76mg, Kaempferol: 13.76mg, Kaempferol: 13.76mg, Kaempferol: 13.76mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 271.54kcal (13.58%), Fat: 19.44g (29.91%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 14.43g (5.25%), Sugar: 6.83g (7.59%), Cholesterol: 19.52mg (6.51%), Sodium: 429.94mg (18.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Vitamin A: 11100.64IU (222.01%), Vitamin K: 196.39µg (187.04%), Manganese: 1.08mg (53.81%), Folate: 156.08µg (39.02%), Vitamin C: 26.34mg (31.92%), Vitamin E: 3.28mg (21.87%), Potassium: 756.7mg (21.62%), Fiber: 5.26g (21.02%), Vitamin B1: 0.29mg (19.52%), Magnesium: 67.42mg (16.85%), Copper: 0.3mg (14.96%), Vitamin B6: 0.29mg (14.74%), Vitamin B3: 2.73mg (13.67%), Vitamin B5: 1.35mg (13.52%), Phosphorus: 128.29mg (12.83%), Calcium: 123.4mg (12.34%), Iron: 2.08mg (11.54%), Selenium: 7.26µg (10.37%), Zinc: 1.36mg (9.1%), Vitamin B2: 0.13mg (7.51%), Vitamin B12: 0.15µg (2.46%)