



Autumn Spinach Salad



1/4 of recipe (about 2 1/4 cups): 166 calories, 8g total fat (1.5g sat. fat), 310mg sodium, 23.5g carbs, 4g fiber, 10.5g sugars, 4.5g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

2 1/2 cups cubed butternut squash
2 tsp. olive oil
1/4 tsp. cinnamon
1/8 tsp. salt
8 cups baby spinach
1/4 cup sweetened dried cranberries, chopped
1/4 cup crumbled feta cheese
1/2 oz. (about 2 tbsp.) sliced almonds
1/4 cup light raspberry vinaigrette dressing (or your favorite fruity vinaigrette)

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Place squash on the baking sheet. Drizzle with oil, and season with cinnamon and salt.

Bake until softened and browned, 30–35 minutes, flipping halfway through.

Place spinach in a large bowl. Top with cooked squash, cranberries, cheese, and almonds.

Toss with dressing, or serve it on the side.

MAKES 4 SERVINGS

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