



Shrimp and Butternut Squash Salad with Homemade Vinaigrette

Ingredients

- 3 tbsp maple syrup
- 2 ½ tsp apple cider vinegar
- 2 tsp dijon mustard
- 1 clove garlic
- 2 ½ tsp minced fresh rosemary or ¾ tsp dried rosemary
- ½ cup extra virgin olive oil
- salt and pepper, to taste
- 4 cups of butternut squash, peeled and cubed
- 1 tbsp olive oil
- ½ tsp dried thyme
- salt and pepper
- ½ cup walnuts, chopped and toasted
- ½ cup red onion, thinly sliced
- 3 oz feta or goat cheese, crumbled
- 5 oz baby kale and spinach blend, or arugula
- ½ cup dried cranberries
- 5-10 oz shrimp

Directions

1. In a small saucepan whisk together maple syrup, apple cider vinegar, mustard, garlic, and rosemary. Bring to a boil over medium heat, and cook, stirring frequently, for 2 ½ minutes.
2. Remove from heat and stir in olive oil. Season with salt and pepper to taste.
3. Preheat the oven to 350 degrees F.
4. Spray a baking sheet lightly with nonstick cooking spray. Place squash in a mound on the baking sheet. Drizzle with olive oil, sprinkle with thyme, and season lightly with salt and pepper. Toss to coat.
5. Spread the squash into an even layer. Roast in the oven for 15-20 minutes, tossing once after the 10-minute mark. Take out when tender.
6. In a small saucepan, drizzle a little vinaigrette and cook shrimp for 2-3 minutes on each side.
7. Put lettuce blend, squash, shrimp, walnuts, red onion, goat cheese, and cranberries in a large bowl.
8. Gently toss salad. Whisk dressing then drizzle over and lightly toss again.
9. Serve immediately after adding vinaigrette.

Calories 279

Total Fat 13 g

Saturated Fat 4 g

Cholesterol 100 mg

Sodium 509 mg

Total Carbohydrate 30 g

Dietary Fiber 5 g

Sugars 12 g

Protein 19 g