

# Butternut Squash and Smoky Black Bean Salad

From [www.myrecipes.com](http://www.myrecipes.com)

4 cups cubed peeled butternut squash  
7 tsp extra-virgin olive oil, divided  
½ cup walnuts, chopped  
½ tsp salt, divided  
2 Tbsp red wine vinegar  
1 Tbsp Dijon mustard  
1 Tbsp honey  
1 Tbsp adobo sauce  
2 garlic cloves, thinly sliced  
¼ tsp black pepper  
1 (15-ounce) can no-salt-added black beans, rinsed and drained  
9 oz greens or lettuce mix  
½ cup crumbled goat cheese

- Preheat oven to 425°.
- Combine squash and 1 Tbsp oil; toss to coat. Arrange on a baking sheet. Bake at 425° for 25 minutes or until tender.
- Arrange walnuts on baking pan; coat with cooking spray. Sprinkle 1/8 tsp salt over nuts; toss. Bake at 425° for 10 minutes or until toasted, stirring once.
- Combine 1 Tbsp 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 tsp oil to pan; swirl to coat. Add garlic; sauté 1 minute.
- Add squash, remaining 3/8 tsp salt, pepper, and beans; cook 3 minutes or until heated through.
- Remove from heat; stir in 3 Tbsp 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.



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