

build a better AUTUMN SALAD



As the days get cooler and the hours of sunlight dwindle, most people's minds jump to hearty stews and crockpot meals. However, the abundance of vegetables debuting in the fall make it the perfect time to transform salads from a side dish to the main course. Salads aren't just for summer anymore!

Step 1: Pick your Green

Most greens are available year-round, but autumn offers some flavorful options that also respond well to heat if you want to serve your salad warm.

Arugula: this spicy, peppery leaf is packed with folic acid. Use it as a salad base or turn it into a pesto dressing. If you're interested in growing greens at home in a garden or planter, arugula is one of the easiest options!

Escarole: This green offers great texture and a mild bitter flavor to salads. For those preferring a sweeter flavor, cooked escarole would be a great base for a roasted vegetable salad.

Kale: Wilted greens got you down? This hearty green can last for days without wilting, even after it's been removed from the stem. If you like to prep and pack salads ahead of time, kale is the green for you.

Brussel Sprouts:

While this cruciferous vegetable is not your typical salad green, Brussel sprouts are in the same family as kale. Shave Brussel sprouts to create a crunchy salad base packed with vitamin C and K.

How to Shave Brussel Sprouts

1. Rinse Brussel sprouts
2. Chop off the woody stems
3. Remove and discard the rough outer leaves
4. Slice the sprouts in half from top to bottom
5. Turn the sprouts cut side down and make thin vertical slices
6. Tease apart the layers and enjoy in your salad!

Tip: While bagged and boxed greens are convenient, greens by the bunch are often cheaper and more flavorful.

Step 2: Pick your protein

Chicken, turkey, fish, beans, legumes, nuts, seeds, tempeh, tofu...

The protein options for salads are endless! Here are some flavorful ideas to try.

Tandoori Spiced Chickpeas: Combine a 15 oz. can of chickpeas (drained, rinsed and dried) with 1 1/2 tablespoons olive oil and 2 1/2 tablespoons tandoori masala spice blend. Spread chickpeas on baking sheet and bake at 375 degrees F. until slightly crispy and golden brown, about 20-23 minutes.

Note: Make your own masala spice blend with 3 tablespoons cumin, 2 tablespoon garlic powder, 2 tablespoons paprika, 3 teaspoons ginger, 2 teaspoons coriander, and 2 teaspoons cardamom. *Adapted from Minimalist Baker.*

Sesame Maple Roasted Tofu: Slice a 14 oz. block of tofu (rinsed and dried) into 1 inch cubes. Toss the tofu in 2 teaspoons canola oil, 2 teaspoons sesame oil and salt and pepper to taste. Spread on a baking sheet and roast at 450 degrees F until golden, about 15-20 minutes. Meanwhile, whisk together 1 tablespoon tahini, 1 tablespoon low sodium soy sauce, 2 teaspoons pure maple syrup, and 1 teaspoon cider vinegar. Drizzle mixture on tofu (optional: sprinkle with sesame seeds), and roast additional 5-7 minutes. *Adapted from Eating Well*

Turkey, Cranberry and Basil Meatballs: Combine 1/4 dried cranberries, 1 1/4 pound ground turkey, 1/2 cup plain greek yogurt, 1/2 cup plain dry breadcrumbs, 1/3 cup finely chopped basil, 1 large egg, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Form into 1 1/2 inch size balls (should get about 17-18) and place on a parchment lined baking sheet. Bake at 400 degrees for 18 minutes. Serve hot, room temperature, or chilled. *Adapted from The Perfect Pantry.*



Step 3: Add some color

Salads are a great way to get the recommended servings (5-9) of fruits and vegetables per day. Autumn has some colorful options to choose from, including: apples, pears, pumpkins, sweet potatoes, squash, bell peppers, beets, carrots, radishes, cranberries and more!



Tip: It's easier to choose salads when prep work is done ahead of time. Plan ahead by chopping and storing vegetables. Root vegetables (sweet potatoes, beets, turnips, parsnips, carrots) can also be roasted and stored. Chop the veggies, drizzle with olive oil on a sheet pan., and roast at 450 degrees until tender and crisp, about 30-40 minutes.

Step 4: Dress it up

The trickiest part of building a healthy salad is often the dressing. Store bought dressings can be high in sodium or full of added sugars. Play with your other salad ingredients to determine the best dressing. For example, if you already topped your salad with a flavorful, marinated chicken, you may only need a drizzle of olive oil.

Tip: Use a spoon for drizzling dressing on your salad. When we pour from a larger bottle or jar it can be easy to add too much, and a little goes a long way!

Recipe of the Month: Ultimate Autumn Salad

Adapted from *Cooking Light*

Ingredients

- 1 small butternut squash
- 3 tablespoons extra virgin olive oil, divided
- 1/2 teaspoon cinnamon
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 bunch chopped kale (about 6 cups)
- 3/4 cup chopped walnuts
- 1 1/2 cups cooked farro
- 1/2 cup dried cranberries
- 2 cups chopped apples (about 2-3 apples)
- 4 ounces shredded Pecorino-Romano cheese
- 1/4 cup freshly squeezed orange juice
- 1 tablespoon Dijon mustard
- 2 tablespoons shallots

Directions:

1. Peel, scoop out seeds, and cube butternut squash. Toss in 2 tablespoons extra virgin olive oil, cinnamon, 1/4 teaspoon salt, and 1/4 teaspoon ground pepper. Spread on baking sheet and roast for 30 minutes at 400, or until squash is tender and golden brown.
2. In a medium skillet over medium heat, toast walnuts until golden brown and fragrant.
3. Combine kale, farro, apples, squash, walnuts, cheese, and cranberries in a bowl.
4. For the dressing, whisk 1 tablespoon olive oil, orange juice, mustard, shallot, 1/4 tsp salt, and 1/4 tsp pepper in a bowl until fully combined. Serve salad and drizzle dressing as desired.



Nutrition Facts

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| servings per container | |
| Serving size | (228g) |
| Amount per serving | |
| Calories | 420 |
| | % Daily Value* |
| Total Fat 23g | 29% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 520mg | 23% |
| Total Carbohydrate 49g | 18% |
| Dietary Fiber 4g | 14% |
| Total Sugars 15g | |
| Includes 0g Added Sugars | 0% |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 295mg | 25% |
| Iron 1mg | 6% |
| Potassium 385mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.