

Butternut Squash with Wilted Spinach and Blue Cheese

Ingredients

1/4 cup blue cheese crumbles
3 tablespoons lemon juice
Salt and ground black pepper to taste
1 1/2 teaspoons extra virgin olive oil
1/2 small red onion, thinly sliced
1 (5-ounce) package baby spinach
4 cups cubed and roasted butternut squash, warmed

Method

Use a fork to mash together blue cheese and lemon juice in a large bowl to make a thick smooth dressing. Season with salt and pepper; set aside. Heat oil in a large skillet over medium-high heat. Add onions, salt and pepper, and cook, stirring occasionally, until golden brown, about 5 minutes. Add spinach and cook, tossing often, until slightly wilted and warm, 1 to 2 minutes more. Transfer contents of skillet to bowl with dressing, add squash, salt and pepper and toss to combine.

Nutrition

Per serving (about 10oz/297g-wt.): 220 calories (70 from fat), 7g total fat, 2.5g saturated fat, 5mg cholesterol, 740mg sodium, 33g total carbohydrate (5g dietary fiber, 6g sugar), 5g protein

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