



Lentil & Squash Fall Salad

Serves 8

Ingredients

- 2 ½ l butternut squash
- 2 red onions, halved lengthwise, then cut in half again and, cut into ¼ inch slices
- 2 Tbsp extra virgin olive oil
- 1 Tbsp good quality balsamic vinegar
- 1 pound green beans, cut off ends and cut into 1" pieces
- 1 tsp olive oil
- 2 garlic cloves, minced
- 2 tsp ground cumin
- ½ lb brown lentils, rinsed, drained and cooked according to package directions
- Crumbled feta cheese to top the salad if you wish (I didn't put cheese on mine)

Instructions

Prepare squash by softening for about five minutes in the microwave (see [Squash Ravioli](#) description). Peel, seed and cut into ¾ inch squares.

Preheat oven to 400 degrees. Line two rimmed baking trays with parchment paper. Toss the squash and onions with the olive oil, garlic and cumin and place them on the lined tray. Drizzle with the balsamic vinegar. Season with salt and ground pepper. Bake for 30 minutes or until tender. Remove from oven and cool completely. Your kitchen will smell great at this point!

Meanwhile, blanch the green beans in an uncovered pot of salted boiling water for a few minutes so they are still green and a bit "crunchy" - just two minutes or so. Remove to a large bowl of ice water and when cooled completely, drain beans on a clean dish cloth.

When everything has cooled to room temperature, combine beans, squash, onions and lentils. Store in refrigerator. When ready to eat, bring this to room temperature and drizzle with a mixture of one tablespoon balsamic vinegar, 1 ½ tablespoons good olive oil and a pinch of dry mustard. Alternately, try adding some thinned tehina sauce (See Israeli-Inspired Meat Patty post) to the salad along with toasted sesame seeds to top - a totally different but equally delicious version.