

# BEET AND COUSCOUS SALAD WITH FETA AND APPLE

Who says a nice fresh salad is only for summer? Roast traditional colder weather vegetables like beets and winter squash and tossing them with a hearty grain and delicious dressing. In this dish we've paired whole wheat couscous with kale, butternut squash, beets, and a little salty feta for a colorful and veggie-packed winter dish.



## Ingredients

- 1 butternut squash
- 1 cup whole wheat couscous
- 2 apples
- 2-3 beets
- 3 oz feta cheese
- 1 onion
- 1 bunch kale
- 2 cloves garlic

From your pantry

- 1/4 c vinegar (any type)
- 1.5 tbsp sweetener (sugar, honey, etc.)
- olive oil
- salt and pepper

### Equipment:

- Baking sheet
- Small pot with lid
- Large bowl

**PREPARATION: 20 MIN**

**COOKING: 20 MIN**

**READY IN: 40 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.  
Wash and dry all produce. **Preheat oven to 450 °F***

1. Peel **butternut squash** and cut into 1/2 - 1 inch cubes. Mince or grate **garlic**. Remove ends and peel from **beets** then cut into cubes. Julienne **onion**. Crumble **feta cheese**. Slice **apple**.
2. Drizzle butternut squash, onions, and beets with olive oil, salt, and pepper. Toss to coat. Spread on baking sheet and roast for 20 minutes. Shake the pan and stir, roasting until the vegetables are tender and browned around the edges (20-30 mins).
3. Bring 1 1/4 cups water to a boil with a pinch of salt and pepper in medium pot. Once boiling add couscous, turn heat off, cover and allow to steam for 10 min until couscous is tender and liquid absorbed. Fluff with fork.
4. Make vinaigrette: Mix vinegar, 1/2 cup olive oil, sweetener and garlic in a jar or small bowl. Shake or stir until incorporated.
5. Allow roasted vegetables and couscous to cool for a few minutes, if they are too hot they might mush together. Then place kale in a large salad bowl, add roasted beets, butternut squash and onions. Add apples, feta and vinaigrette. Toss to incorporate.
6. Divide salad between plates. Enjoy!

# Tips, Tricks, and Terms

## Roast those seeds!

Roasted pumpkin seeds are common and tasty but did you know *all* winter squash seeds can be roasted? When prepping your butternut squash for your recipes this week, don't toss those seeds. Roast them for an easy addition to your couscous salad or topper for your next bowl of soup.



Heat oven to 350 degrees. Fill a bowl with cold water, add pulp and seeds from squash. Squish the seeds away from the pulp with your hands. Spread out to dry. Toss with 1 teaspoon oil per 1/2 cup of seeds, salt, and pepper. Roast for 15-20 minutes or until you hear them start to "pop." Let cool and enjoy!

## A little about...

**COUSCOUS:** a small, grain-like pasta that cooks quickly and easily! While most grocery stores will carry instant couscous, we love to look for a whole wheat variety for extra fiber and protein.

Give it a quick steam and a sprinkle of seasoning and you've got the perfect simple weeknight grain.

Try cooking in some stock, adding dried herbs or spices, or tossing with some nuts or dried fruit when done for a fun twist!



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