



RECIPES

*From the kitchen of:
Blue Zones Project®*



Roasted Butternut Squash and Garbanzo Bean Salad with Spicy Pecans

Chipotle roasted garbanzo beans and butternut squash over a bed of baby arugula and spinach and topped with a handful of spicy pecans.

The Salad

Baby Spinach, Arugula

The Dressing

1/4 cup olive oil
2 tablespoons Lemon juice
2 tablespoons Honey
Chile flakes to taste

The Spicy Pecans

1 tablespoon honey
1 tablespoon Jalapeno Olive Oil
Sea Salt to taste
3 cups pecans halves

In a bowl, mix the first 3 ingredients. Add pecans and toss in mixture. On a parchment paper lined cookie sheet, place pecans evenly and bake for 15 minutes in a 350 degree oven. Let the pecans cool before storing.

The Chipotle Sauce

2-3 tablespoons chipotle sauce from a can
4 tablespoons olive oil
1 tsp garlic powder
1 tsp cumin
Sea Salt to taste
1 teaspoon lemon juice
Chili flakes to taste

To make the sauce add all of the ingredients to a medium bowl and whisk until combined and set aside.

The Beans & Squash

1 Can Garbanzo Beans, rinsed and drained
2 Cups Butternut Squash cut into 3/4-inch cubes (or pre-cut from the store)
Preheat oven to 420°F add the squash and beans to the chipotle sauce bowl and coat evenly.

Place the squash and beans on a large parchment paper lined baking sheet in a single layer and roast for 35-40 minutes or until the squash is golden brown. Half-way through roasting turn the baking sheet around and stir everything. Set aside and cool.

When done let cool for about 5 minutes.

Let's put it together

For 1 Serving, place in a bowl:
1 handful of Baby Spinach
1 handful of Arugula
1 handful of Roasted Beans & Squash
1/2 handful of Spicy Pecans
Lightly dress with Olive Oil and a squeeze of lime, toss and serve

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