



Laura's Recipe Corner

Great Recipes from Laura McKay!

Roasted Butternut Squash & Fig Salad

<http://kirantarun.com/food/2012/12/04/roasted-butternut-squash-fig-salad/>; Modifications in red by Laura McKay, B.S., Health Educator

Ingredients:

- 1 small butternut squash, peeled+cored+sliced
- 1 tbsp walnut oil (use a Day 1 or 3 oil instead)
- 1 tsp smoked paprika powder
- 2 small pinches of salt
- 3 handfuls of salad greens (do not use spinach, swiss chard, or beet greens if using this as a Day 1 or 3 recipe)
- 1/4 cup toasted raw walnuts, chopped (use a Day 1 or 3 nut instead)
- 5 fresh figs, quartered

Dressing:

- 1/4 tsp black pepper
- 1/2 tsp salt
- 1/2 tsp smoked paprika
- 1 tbsp apple cider vinegar (use fresh squeezed lemon juice)
- 1/8 cup walnut oil

Directions:

Preheat oven to 400F.
On a baking sheet, toss sliced butternut squash, walnut oil, smoked paprika & salt until thoroughly coated.
Roast in the oven for 15 minutes.
To make dressing, combine all the ingredients in a small bowl.
To assemble: layer salad greens in a bowl, topped with roasted butternut squash, quartered figs, walnuts and drizzle on some dressing.

*the modifications reflect a Day 1 or 3 recipe for the Bon Appetit Rotation Diet.



Allergy & Environmental Treatment Center, LLC provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies. We offer state-of-the-art allergy testing and treatment. In addition, we offer general medicine/primary care services. Schedule your visit with us today! Call 480-634-2985.



Edwards Professional Park II
8952 E. Desert Cove Drive
Suite 114
Scottsdale, AZ, 85260
Clinic: (480) 634-2985
info@allergyenvironmental.com