

Roasted Butternut Squash/Sweet Potato Salad

Made for the 2013 St. Francis Day Luncheon by Micki Dukat Brandt

Wash sweet potatoes and pierce through with a knife.

Wash butternut squash, cut off stem end, cut in half, remove seeds. (I put the squash ends and seeds in my compost bin.)

Line a sheet pan with foil; arrange all items on the pan.

Spray squash and potatoes with canola spray and drizzle all with real maple syrup.

Roast at 350 degrees for 1 hour. Turn off oven and leave in overnight to cool.

Peel skins and cut squash/potatoes into large bite-size cubes for the salad and place in a bowl. (I do not put the skins into the compost bin since they have oil and sugar on them.)

In a second bowl, larger than the first above, core 3 to 6 apples and cut in bite-size pieces. Add either lemon juice or lemon/lime soda to the apples to prevent browning.

Add 1 to 2 cups of dried cranberries or cherries to the apples.

Add one cup of real maple syrup and/or brown sugar.

Sprinkle lots of cinnamon, some nutmeg or some allspice or pumpkin pie spice and mix.

Add more lemon juice/soda if needed to mix completely. Taste it for the right amount of sweetness.

Add squash/potato mixture to the apple mixture and mix GENTLY.

Cover with plastic wrap and refrigerate.

You will need to toss the salad before serving as there will be some liquid in the bottom of the bowl.

ENJOY!