



Honeynut Squash & Grain Salad

with Blue Cheese, Walnuts & Maple Vinaigrette



40-50min



2 Servings

Our honeynut squash, grown in upstate NY, is proudly sourced from Ark Foods and is non-GMO certified. We toss the squash in maple syrup and roast it with fennel till caramelized and tender, while walnuts get nice and toasty in the oven. Combine them with our Italian 5-grain blend, spinach, and a maple vinaigrette—but don't forget the blue cheese and a squeeze of lemon to top it all off!

What we send

- 4 oz Italian 5-grain blend ¹
- 1 lemon
- 1 oz maple syrup
- 1 bulb fennel
- 1 honeynut squash
- ¼ oz Chinese five spice
- 1 oz walnuts ¹⁵
- 5 oz baby spinach
- 1 oz blue cheese crumbles ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- 2 rimmed baking sheets

Allergens

Wheat (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 36g, Carbs 80g,
Protein 16g



1. Cook grains

Preheat oven to 425°F with racks in the center and lower third.

In a small saucepan, combine **5-grain blend**, **1 cup water**, and **½ teaspoon salt**. Cover and bring to a boil. Reduce heat to low and cook until water is absorbed, 15-17 minutes. Keep covered until ready to serve.



4. Roast squash & fennel

Roast on lower oven rack until browned, 15-20 minutes. Toss **squash** with **remaining maple syrup** and **½ teaspoon Chinese five spice**. Flip **fennel**.

Return to oven and roast until squash is caramelized and both veggies are tender, 5-7 minutes more.



2. Make dressing

Juice **2 teaspoons lemon** into a small bowl. Add **2 tablespoons oil** and **1 teaspoon maple syrup**. Whisk to combine; season to taste with **salt** and **pepper**.

Cut remaining lemon into wedges.



5. Toast nuts

Transfer **walnuts** to a second baking sheet in a single layer. Bake on center oven rack until toasted and fragrant, 5-7 minutes. Let cool slightly and coarsely chop.



3. Prep veggies

Halve **fennel** lengthwise. Remove and discard core, then cut into ½-inch thick wedges. Halve **squash** and scoop out seeds. Cut into ½-inch thick slices.

On a rimmed baking sheet, toss fennel and squash with **1 tablespoon oil** each, keeping separate. Season with **salt** and **pepper**.



6. Serve

Toss **spinach** with **a drizzle of oil**; season with **salt** and **pepper**. Top with **5-grain blend** and **roasted veggies**.

Serve **squash and grain salad** with **blue cheese**, **walnuts**, **maple vinaigrette**, and **lemon wedges**. Enjoy!