

Fall Mason Jar Salad



TOTAL TIME

1 hr



COURSE

Dinner, Lunch, Salad



SERVINGS

7 serving

CALORIES

541 kcal

INGREDIENTS

- 1 $\frac{3}{4}$ pounds butternut squash cut into 1-inch cubes
- 14 oz Upton's seitan bacon for gluten-free, use tempeh bacon
- $\frac{1}{2}$ Tbsp olive oil
- 1 c + 2 Tbsp dry quinoa
- 2 $\frac{1}{4}$ c water
- 3 $\frac{1}{2}$ c shredded cabbage
- 1 red onion diced
- 3.5 c 15 oz. can white beans rinsed and drained
- 14 c mixed greens

Maple Cider Vinaigrette

- $\frac{2}{3}$ c apple cider vinegar
- $\frac{1}{2}$ c olive oil
- 2 $\frac{1}{3}$ Tbsp Dijon or whole grain mustard
- 4 Tbsp maple syrup
- $\frac{1}{2}$ tsp fine sea salt
- freshly ground black pepper

INSTRUCTIONS

1. To roast the squash, preheat the oven to 450°F and toss the butternut squash cubes in the olive oil. Arrange the squash into a single layer on a large baking sheet, sprinkle generously with salt and pepper, and roast for 35 minutes, or until fork tender. (Flip the squash halfway through baking.)
2. On a separate baking sheet with parchment paper, lay out your seitan bacon. Roast in same oven for 10-15 minutes until crispy. When removed and cooled, crumble into bits.
3. While the squash is roasting, combine the dry quinoa and water in a small saucepan and bring the water to a boil. Cover with a lid and lower the heat, to let the quinoa cook until tender about 15 minutes.
4. While everything is cooking, combine all of the dressing ingredients in a jar with a lid, and shake to mix well.
5. To assemble the salads, you'll need 7 quart-sized mason jars. Add ¼ cup of the dressing at the bottom, followed by ½ c of shredded cabbage, about 2 Tbsp of diced red onion, ½ c cooked quinoa, a ½ c of roasted squash cubes, ¼ c crumbled bacon, ½ c of white beans, and then fill the rest of the jar with mixed greens. (It's okay to tightly pack the mixed greens at the top.)
6. Repeat the layers for each jar, and reserve any extra salad toppings in airtight containers in your fridge. Seal the jars with a lid and store them in the fridge for up to 5 days.
7. To serve, dump the contents of the jar into a large bowl and stir well to make sure all of the vegetables are dressed.

NUTRITION

Nutrition Facts	
Fall Mason Jar Salad	
Amount Per Serving (1 g)	
Calories 541	Calories from Fat 189
% Daily Value*	
Fat 21g	32%
Carbohydrates 64g	21%
Protein 27g	54%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!