



Brown Rice and Roasted Butternut Squash Jar Salad



4 servings



55 mins prep | 1 hour 15 minutes total time

Per serving:

575 calories

79 g carbs

17 g fiber

23 g fat

22 g protein

Ingredients

- 2 cups brown rice cooked, cooked
- 2 cups butternut squash, roasted
- 1 tbsp olive oil
- 4 cucumbers, diced
- 4 red onions, sliced
- 2 cups lentils, rinsed and drained
- 1/3 cup walnuts chopped, chopped
- 8 oz baby kale

Dressing

Ingredients

- 3/4 cup Greek yogurt, 2% (dairy or plant-based)
- 4 tbsp lemon juice
- 1 1/3 tbs minced garlic
- 4 tbsps olive oil
- 1 1/3 tbsps dill
- 1/4 tsp salt and pepper to taste

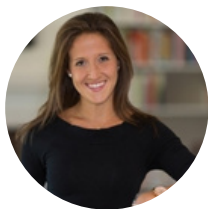
Directions

Prep

1. **Cook** brown rice according to directions. You can use frozen pre-cooked brown rice - defrosted according to directions.
2. **Roast** butternut squash: Purchase store-prepped or 1 bag frozen butternut squash. Cut large chunks into bite-sized pieces. Toss with 1 tbsp olive oil, salt and pepper to taste. Arrange in a single layer on a lined baking sheet. Bake at 400° for 20 minutes or until tender. Note: *You can use any pre-roasted vegetable in place of the butternut squash.*
3. **Slice** cucumbers, red onions, walnuts, wash kale.

Make

1. **Dressing:** Mix Greek yogurt, lemon juice, garlic, olive oil, dill, salt, and pepper. Adjust to your liking.
2. **Layer:** In 4 mason jars, start with the dressing. Add layers of diced cucumber, sliced red onion, cooked brown rice, roasted butternut squash, lentils, walnuts, and top with baby kale.
3. **Chill & Savor:** Keep the jars refrigerated. When ready, invert into a bowl, mix well, and enjoy the symphony of flavors!



Elisa England
MS, RDN



Ellen Petrosino
MS, RDN, IFNCP



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