



Butternut Squash “Rotini” Warm German “Potato” Salad

Servings

4

Calories

180

Prep Time

15 minutes

Total Time

35 minutes

Skill Level

Easy

Ingredients

1 (10 ounce) package Mann’s Butternut Squash “Rotini”

½ red bell pepper, thinly sliced

½ red onion, thinly sliced

¼ cup vinegar, apple cider

1 teaspoon Dijon mustard

¼ cup extra virgin olive oil

1 tablespoon Italian parsley, finely chopped

Salt and pepper, to taste



The Method

Bring salted water to boil in a medium saucepan. Add Butternut Squash “Rotini” and boil until tender, 7-8 minutes. Drain and add to a mixing bowl along with the bell pepper and red onion.

In a small saucepan, combine vinegar, mustard, olive oil, salt and pepper. Whisk over medium heat until just warm.

Pour dressing over vegetables, add parsley and additional salt and pepper to taste. Serve warm.

Nutrition Facts

Serving Size: 155g | Servings: 4

Amount Per Serving

Calories 180 | Calories from Fat 130 | Total Fat 14g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 35mg | Total Carbohydrate 13g | Dietary Fiber 2g | Sugars 3g | Protein 1g | Vitamin A 200% | Vitamin C 80% | Calcium 4% | Iron 4%