

Squash 'Rice' and Cranberry Salad

Yield: approximately 8 cups

Ingredients:

1 small Butternut squash (about 1 lb), peeled, seeded and rough chopped

½ small red or white onion, about ½ cup chopped

1 tablespoon cumin seed

1 tablespoon coriander powder

½ cup cilantro leaves, minced

1 cup dried cranberries

1 cup walnuts, crushed

1 teaspoon salt

Directions:

For the 'Rice' - In a food processor outfitted with the shredding blade, process the pieces of butternut squash and set aside in large bowl. Change to the "S" blade and process the squash again to form small rice like pieces. Do not over process, you want small rice like pieces but not mush. Set the 'rice' aside in the large bowl again.

Add the onion, cumin, coriander, cilantro, cranberries (I slice these in ½), walnuts and salt. Mix well.

Notes:

I love this salad and it's a winner with family and friends, it is a large amount so you might consider using ½ of the squash and other ingredients saving the remaining squash for soup. (recipe to come soon)

The salad will keep in the refrigerator for up to 3 days in a glass container.