

Recipe: Warm Winter Salad *

Warm Winter Salad

Number of Servings: 9.96 (130 g per serving)

Weight: 1294.25 g

Recipe

Item Name	Quantity	Measure
Hemp Oil	1/2 Cup	
Greens, collard, chpd, fresh	10 Cup	
Hard Boiled Local, Free Range Egg	2 Each	
Roasted Acorn Squash, Cooled and Cut in Cubes	3 Cup	
Vinegar, apple cider, unfiltered	1/4 Cup	
Herb, thyme, ground	1 Tablespoon	
Nuts, almonds, whole	1/4 Cup	
Spice, turmeric, ground	1/2 Tablespoon	

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	2.30
Gram Weight (g)	130.00	Vitamin C (mg)	19.73
Calories (kcal)	185.75	Vitamin D - IU (IU)	0
Calories from Fat (kcal)	127.27	Vitamin D - mcg (mcg)	0
Calories from SatFat (kcal)	11.42	Vitamin E - Alpha-Toco (mg)	2.81
Protein (g)	3.61	Folate (mcg)	79.66
Carbohydrates (g)	13.33	Folate, DFE (mcg)	74.84
Dietary Fiber (g)	4.68	Vitamin K (mcg)	191.98
Soluble Fiber (g)	0.85	Pantothenic Acid (mg)	0.42
Total Sugars (g)	0.32	Minerals	
Monosaccharides (g)	0.01	Calcium (mg)	101.69
Disaccharides (g)	0.14	Chromium (mcg)	--
Other Carbs (g)	1.83	Copper (mg)	0.11
Fat (g)	14.23	Fluoride (mg)	--

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Saturated Fat (g)	1.27	Iodine (mcg)	0.07
Mono Fat (g)	3.10	Iron (mg)	1.58
Poly Fat (g)	9.67	Magnesium (mg)	41.01
Trans Fatty Acid (g)	0.00	Manganese (mg)	0.39
Cholesterol (mg)	36.16	Molybdenum (mcg)	2.87
Water (g)	96.65	Phosphorus (mg)	66.60
Vitamins		Potassium (mg)	368.18
Vitamin A - IU (IU)	2751.87	Selenium (mcg)	1.03
Vitamin A - RAE (RAE)	152.68	Sodium (mg)	23.15
Carotenoid RE (RE)	269.16	Zinc (mg)	0.42
Retinol RE (RE)	18.10	Other Fats	
Beta-Carotene (mcg)	1398.85	Omega 3 Fatty Acid (g)	2.11
Vitamin B1 (mg)	0.14	Omega 6 Fatty Acid (g)	0.48
Vitamin B2 (mg)	0.15	Other Nutrients	
Vitamin B3 (mg)	0.97	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	1.45	Caffeine (mg)	0
Vitamin B6 (mg)	0.21	Choline (mg)	10.61
Vitamin B12 (mcg)	0.10		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
25 minutes			Saute	

Preparation Method Instructions

In large skillet or wok, sauté greens in 1/4 cup oil at medium low heat (hemp oil should not be used at high heat).
 When bright green, turn off heat and add squash.
 Dressing: In blender, combine other 1/4 cup of oil, vinegar, thyme, turmeric, and almonds. Blend until smooth. Add more vinegar or oil if needed.
 To serve, place greens and squash mixture on plate. Top with quartered or sliced hard boiled egg, and drizzle with dressing.
 Enjoy better eye health with this delicious winter salad!