

GERD Diet

ROASTED BROCCOLI & BUTTERNUT SQUASH SALAD

4 cups small broccoli or cauliflower florets
2 cups cubed butternut squash
2 tbs. grapeseed oil, divided
1 tbs. reduced sodium soy sauce
1 tbs. balsamic vinegar
2 tsp. toasted sesame oil
1 tsp. peanut butter
1 tsp. grated ginger
6 cups salad green

Step 1:

Preheat oven to 450 degrees, toss broccoli and butternut squash with 1 tbs. oil on a rimmed baking sheet. Roast until lightly browned in spots, 12 to 15 minutes. Remove and allow to cool

Step 2:

In a large bowl, whisk soy sauce, vinegar, sesame oil, peanut butter, and ginger with remaining 1 tbs. oil. Toss salad greens with dressing. Top with cooled broccoli and butternut squash.

Serves 2