

BLACK FOREST BLEND™ SPINACH SALAD WITH CREAMY CURRY DRESSING – 2 LBS.



INGREDIENTS

2 lbs **Black Forest Blend™**

< <https://inharvestfoodservice.com/products/black-forest-blend/> >

1 gallon water

4 t kosher salt, divided

4 quarts squash, 1/2" diced

3/4 cup olive oil, divided

1 lb silken tofu

4 t agave

4 T lemon juice

4 t curry powder

4 t ground fennel seed

8 pita breads

2 quarts apples, 1/8" sliced

8 quarts baby spinach

DIRECTIONS

For the InHarvest Black Forest Blend:

In a pot, bring water to a boil. Add Black Forest Blend and ½ the salt. Reduce to a simmer

and cook for 15-17 minutes or until desired texture. Drain excess liquid. Cool.

For the squash:

Toss the diced squash with $\frac{1}{4}$ of the olive oil. Place on a parchment-lined sheet pan and roast in a 350° F oven until tender.

For the dressing:

In a blender, puree the tofu, agave, lemon juice, curry powder, $\frac{1}{2}$ the remaining olive oil and remaining salt until smooth.

For the Pita Bread:

Combine remaining olive oil with the fennel seed. Brush the top of the pita with the mixture and warm in an oven or on a grill right before serving.

To serve, in a bowl place:

- $\frac{1}{2}$ cup apples
- 2 cups spinach
- 1 cup lentils
- $\frac{3}{4}$ cup squash
- 2 tablespoons dressing
- 1 pita half

NUTRITION FACTS

Per serving: 504 cal., 21 g pro., 83 g carb., 15 g fiber, 14 g fat (2 g sat. fat), 0 mg chol., 694 mg sod., 15 g sugar

CHEF TIP

Use a good quality silken tofu for the dressing to achieve the best consistency.