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Butternut salad with pea and goat ' s cheese dip. The key to a good lunchbox salad is having a variety of tastes and textures. This easy vegetarian salad has the perfect balance of soft and smoky roasted squash, sweet, lightly pickled red onion, aromatic fresh mint and crunchy seeds. Serve it with a creamy pea and goat ' s cheese dip for crisp breadsticks.

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