

Harvest Salad Recipe

Salad Ingredients:

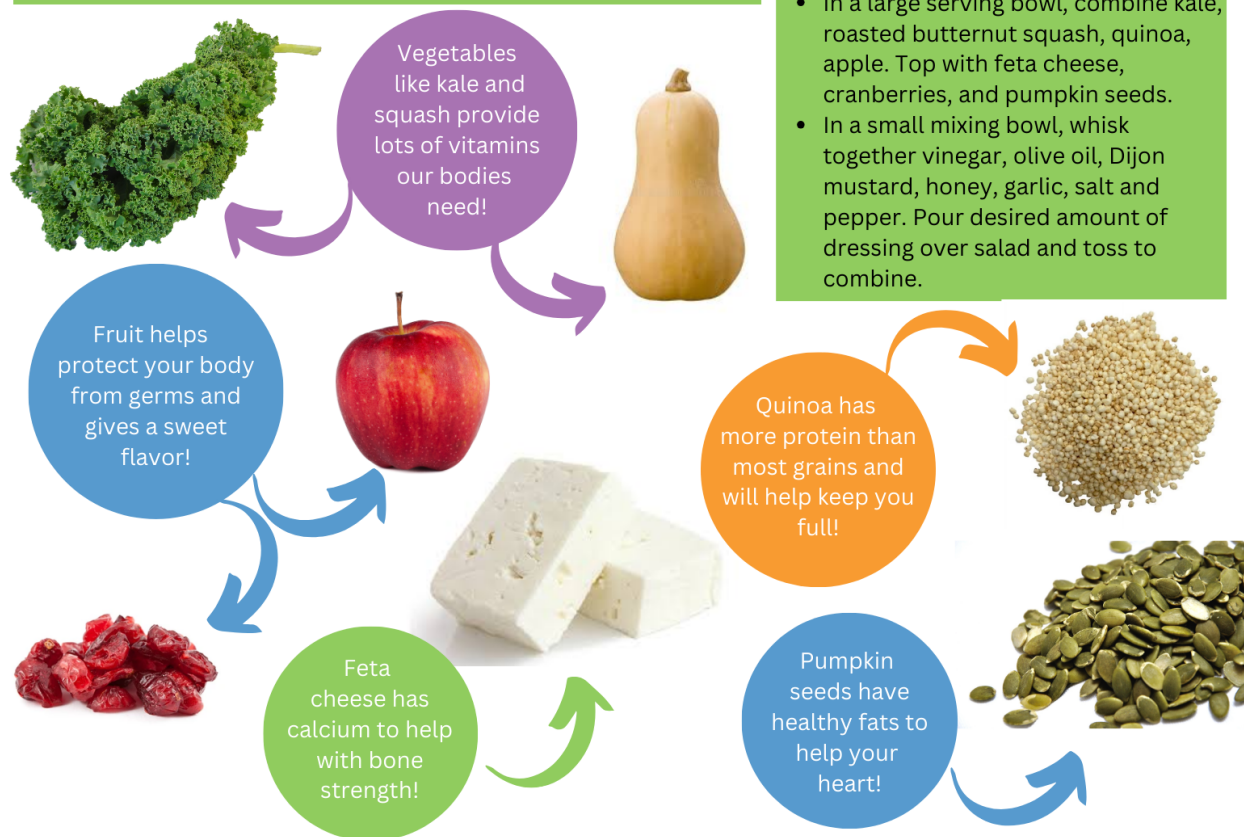
- 2 small butternut squash
- 1 tbsp olive oil
- 2 tsp salt and pepper
- 1 1/3 cup raw quinoa
- 2 cups water
- 4 cups chopped kale
- 4 small apples
- 1/2 cup dried cranberries
- 3/4 cup crumbled feta cheese
- 3 tbsp roasted pumpkin seeds

Dressing Ingredients:

- 6 tbsp extra virgin olive oil
- 5 tbsp apple cider vinegar
- 1.5 tbsp honey or maple syrup
- 3 tbsp Dijon mustard
- 2 cloves minced garlic
- 1 tsp salt and pepper

Directions:

- Preheat oven to 400 F. Peel, seed and dice butternut squash. In a large mixing bowl, toss together butternut squash, olive oil, salt, and pepper. Transfer to a quarter sheet baking pan and roast for 30 minutes until tender.
- Combine the quinoa and water in a medium pot. Bring to a boil, cover, and reduce the heat. Simmer for 15 minutes. Drain and let cool.
- In a large serving bowl, combine kale, roasted butternut squash, quinoa, apple. Top with feta cheese, cranberries, and pumpkin seeds.
- In a small mixing bowl, whisk together vinegar, olive oil, Dijon mustard, honey, garlic, salt and pepper. Pour desired amount of dressing over salad and toss to combine.



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Recipe compiled by Grace Weaver