

Butternut Squash & Cranberry Quinoa Salad

Prep Time: 15 minutes

Cooking Time: 25 minutes

Yields: 4 servings

Prep Notes: none

Category: Grains

Source: Deanna Snyder, RN

The Ingredients

- 3 cups butternut squash, chopped
- 1 tablespoon extra virgin olive oil
- 1 cup uncooked quinoa
- 1 1/2 cups vegetable broth
- 1/3 cup reduced sugar dried cranberries
- 1/3 cup red onions, finely chopped
- 3 tablespoons toasted pumpkin seeds
- 1 tablespoon cinnamon

Balsamic Vinaigrette

- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- salt and pepper to taste



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Directions

- Preheat oven to 400 degrees.
- Toss the chopped butternut squash in a bowl with the olive oil and cinnamon. Arrange evenly coated squash on a baking sheet in a single layer. Roast for 25 minutes or until tender and lightly browned.
- While the squash is roasting, rinse quinoa under cold water until it runs clear. Place quinoa and vegetable broth in a medium saucepan. Bring to boil, reduce to simmer, partially cover and cook until liquid is absorbed. About 20 minutes.
- To assemble the salad, combined cooked quinoa, roasted squash, cranberries, red onion, toasted pumpkin seeds in a large bowl.
- Drizzle with balsamic vinaigrette and mix until well until combined.
- Chill in refrigerator for a couple of hours and serve.

Balsamic Vinaigrette

- Whisk all ingredients together in a small bowl, large measuring cup or mason jar and mix until combined. Salt and pepper to taste.