



Roasted Butternut Squash & Kale Salad

b Claire Cary



SERVINGS: 4

INGREDIENTS

Salad:

- 1 head kale I suggest curly kale
- 4 cups cubed butternut squash
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 2/3 cup uncooked quinoa
- 1/4 cup pumpkin seeds
- 1/4 cup pomegranate arils
- 1/4 cup slivered almonds

Dressing:

- 1/4 cup + 2 tbsp olive oil
- 2 tbsp orange juice
- 1 tbsp apple cider vinegar
- 1 tbsp dijon mustard
- 1-2 tbsp honey or maple syrup
- 1/4 tsp salt
- Black pepper to taste

DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. Cut the ends off the butternut squash. Feel free to also just use pre-cubed butternut squash!
3. Use a vegetable peeler to peel the skin off.
4. Cut the squash in half and remove the seeds.
5. Cut the the squash width wise into 1 inch strips and then cut each strip into 1 inch cubes.
6. Add the cubed squash to a bowl and add the oil, salt, pepper and garlic powder.
7. Roast on a baking tray lined with parchment paper for 25-35 minutes.
8. Meanwhile, cook the quinoa according to these instructions/tips.
9. De stem and chop the kale into small pieces. To chop the kale very finely, using kitchen shears. Add the massaged and rinsed kale to a bowl and chop it very small. Add to a colander and massage while running under warm water for about 1-2 minutes.
10. Add the kale, squash, cooked quinoa, pomegranate, pumpkin seeds and almonds to a large bowl.
11. Whisk together all of the dressing ingredients and pour on top when ready to serve.