

Healthy Fall Salad

3 SERVINGS

PREP: 5 MINS

COOK: 16 MINS



INGREDIENTS

For the Salad:

- 1 butternut squash peeled, seeded, and diced
- 1/2 tbsp. oil of choice
- salt and freshly ground pepper
- 1/2 cup quinoa or rice
- 2 cups chopped kale leaves
- 2 small apples, pears, or figs sliced or diced

Toppings:

- 1/4 cup dried cranberries
- 1/4 cup pecans roughly chopped
- 1/3 cup reduced-fat crumbled feta cheese
- 2 tbsp. nuts or seeds

For Apple Cider Vinaigrette:

- 3 tbsp. extra virgin olive oil
- 2 tbsp. apple cider vinegar
- 1 tbsp. maple syrup or honey
- 1.5 tsp. dijon mustard
- 1 garlic clove minced

DIRECTIONS

Roast the Butternut Squash

- Preheat the oven to 400F
- On a baking sheet, toss together the butternut squash, olive oil, and a pinch of salt and pepper. Roast for 16 minutes, flipping halfway through, cooking until the squash is tender. Remove from the oven and let it cool completely.

Cook the Quinoa according to packaging (once it's ready, fluff with a fork and let cool).

Make Dressing

- Whisk all the ingredients together in a bowl (or shake together in a mason jar) until combined.

Massage the Kale (kale can be tough and bitter. massaging it will bring out its sweetness and make it more tender.

- Place the kale in a large bowl and pour half of the vinaigrette over the top. Use your hands to gently massage the dressing into the kale for about 30 seconds until it starts to soften.

Assemble the Salad

- Add the quinoa, roasted butternut, and apples into the bowl with the kale and toss to combine. Divide the salad between 2 plates, then top with the chopped pecans, toasted pumpkin seeds, dried cranberries, and crumbled feta cheese. Drizzle the remaining vinaigrette over the top and serve.

