

RECIPE

Cranberry Kale Quinoa Salad with Delicata Squash



Ready in 30 minutes

Serves 8 people

Ingredients

- 4 cups chopped kale
- 1 delicata squash
- 1 cup red quinoa
- 2 cups vegetable stock
- ½ cup dried cranberries
- ½ cup walnuts
- ¼ cup apple juice

- 2 Tbsp apple cider vinegar
- 1 Tbsp maple syrup
- 1 tsp brown sugar
- ¼ tsp ground cinnamon
- Olive oil
- Salt and pepper

Preparation

Preheat oven to 400°F. Cut delicata squash in half and scoop out seeds. Cut into ½ inch pieces. Toss with olive oil, salt and pepper. Place on a tin foil-lined baking sheet. Bake for 20-min. Set aside.

In a medium-size pot, add quinoa and vegetable stock. Over high heat, bring the stock to a boil. Then stir, cover and reduce heat to low. After 15-min, check to see if the water is fully absorbed. If so, set aside.

To create dressing, add apple juice, apple cider vinegar, maple syrup and salt and pepper to taste. Whisk to combine. Add kale to salad bowl that will be used for serving. Drizzle the dressing atop the kale and work in dressing with hands by massaging the kale. Add 1 cup cooked quinoa and roasted delicata squash.

Chop roasted walnuts and cranberries. Add to salad. Mix salad to fully combine ingredients.

Enjoy!

Tips

Add feta cheese for additional flavor/protein. Salad lasts up to 4 days in the refrigerator.