

Butternut Squash and Quinoa Salad with Maple Mustard Dressing

Prep Time 10 mins
Total Time 30 mins
Meal Type Lunch,Dinner,Side
Contributed By
Source Living Plate

Servings 4 



Salad

Ingredients

lb,c

g,ml

- 2 lb butternut squash, *peeled, seeded, and cubed*
- 1 cup quinoa, *rinsed*
- 2 cups vegetable broth, low-sodium
- 1 Tbs olive oil
- 4 cups kale, *chopped*
- 1 cup pomegranate seeds

Directions

Prep

1. Preheat oven to 400°F and line baking sheet with parchment paper.
2. Peel and chop the squash.
3. Remove tough stems from kale and chop.

Make

1. Toss butternut squash with oil, add to the baking pan, and roast in the oven for about 15-20 minutes until soft and slightly browned.
2. Meanwhile, add quinoa to a small saucepot and cover with broth. Bring to a boil, then cover and simmer for ~12-15 minutes until all the liquid is absorbed. Remove from heat and add to a large bowl.
3. Add kale to warm quinoa and stir [heat will slightly wilt leaves.]
4. When the butternut squash is done, add to the bowl of quinoa and kale. Stir in pomegranate seeds and toss with dressing.

Dressing

Ingredients

lb,c

g,ml

- 3 Tbs red wine vinegar
- 1/4 cup olive oil
- 1 tsp mustard, Dijon
- 1 tsp maple syrup
- 1/4 tsp garlic powder
- salt, *to taste*

Directions

Make

1. Add all ingredients to a mason jar fitted with a lid and shake to combine.

Notes

If pomegranate seeds are not available you can replace them with chopped red apple or roasted cherry tomatoes.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

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