

AUTUMN CITRUS QUINOA SALAD

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 150

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 75 mg

Total Carbohydrate: 20 g

Dietary Fiber: 2.5 g

Total Sugars: 6 g

Protein: 3 g

Ingredients

Salad

- 3 cups butternut squash, peeled, seeded and chopped
- 1 Tablespoon olive oil
- 1 pinch salt and black pepper
- 1 cup uncooked quinoa, rinsed
- 1 ½ cup water
- 1/3 cup dried cranberries, unsweetened

Vinaigrette

- ¼ cup olive oil
- ¼ cup orange juice, freshly squeezed

- 1/3 cup finely chopped red onion
- ¾ cup chopped carrots
- 3 Tablespoons pepitas
- Zest of one orange
- 1 Tablespoon of fresh thyme leaves

- ¼ cup balsamic vinegar
- 1 teaspoon honey



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- 1 teaspoon Dijon mustard

- 1 clove garlic, minced

Directions

1. Preheat the oven to 400 F.
2. Place squash on baking sheet. Drizzle 1 Tablespoon olive oil over squash and toss to coat evenly. Arrange squash on baking sheet in a single layer. Sprinkle with salt and pepper. Roast for 20-25 minutes or until squash is tender and lightly browned.
3. While squash is roasting, rinse quinoa with cold water until water runs clear. Place quinoa and water in medium saucepan. Bring to a boil, reduce to a simmer, and cook partially covered until liquid is absorbed, about 20 minutes.
4. To create the vinaigrette, whisk the olive oil, orange juice, balsamic vinegar, honey, mustard, and garlic in a small bowl until combined.
5. Combine cooked quinoa, roasted squash, cranberries, red onion, carrots, pumpkin seeds, and zest together. Add the vinaigrette and mix until combined. Top with thyme leaves. Serve warm or chilled.