



Fall Harvest Quinoa Salad

A hearty side dish served warm or cold

Yield: 5 cups Serving Size: ½ cup Number of Servings: 10

Ingredients:	Quantity
Tri – colored quinoa	1 ½ cup, dry
Butternut squash, diced	1 cup, raw
Brussels sprouts, quartered	¾ cup, raw
Red onion, diced	½ cup, raw
Honeycrisp apple, diced	1 apple
Dried cranberries	½ cup
Lemon juice	¼ cup
Parsley, fresh, chopped	2 Tbsp
Olive oil	2 Tbsp
Paprika	2 tsp
Salt & Pepper	To taste

Method of Preparation

1. Gather ingredients and preheat oven to 350° F
2. Place butternut squash, brussels sprouts and red onion on a medium sheet pan and drizzle with 1 Tbsp olive oil (save other half for later use)
3. Bake for 15 – 18 minutes, until a light golden-brown color appears, and squash is tender. Remove and let cool*
4. Prepare quinoa: Place 3 cups of water in a large pot over a medium to high heat, then reduce to a gentle simmer. cook for 15 – 20 minutes until water is absorbed. Let cool*
5. In a medium mixing bowl combine quinoa, vegetables, apples, cranberries, lemon juice, parsley, olive oil, paprika, salt and pepper

*Let cool only if choosing to serve cold and refrigerate entire dish.

If you wish to serve warm, combine all ingredients and place back in the oven at 200° F for about 8 minutes until heated through

Nutritional Analysis: Per serving

Calories:	143	Fiber:	4 g
Total Fat:	3.9 g	Cholesterol:	0 mg
Saturated Fat:	0.3 g	Vitamin A	250 mcg
Mono Fat:	1.7 g	Vitamin D	0 mcg
Protein:	3.5 g	Sodium:	200 mg
Carbohydrates	23.5 g	Potassium:	38 mg