

# Butternut Squash and Cranberry Quinoa Salad

## Ingredients:

- |                                      |                          |
|--------------------------------------|--------------------------|
| 3 cups butternut squash, chopped     | 1/2 cup olive oil        |
| 1 tablespoon olive oil               | 1/4 cup balsamic vinegar |
| 1 cup uncooked quinoa                | 1 teaspoon honey         |
| 1 1/2 cups water                     | 1 teaspoon Dijon mustard |
| 1/3 cup dried cranberries            | 1 clove garlic, minced   |
| 1/3 cup red onion, chopped           | Pinch of salt and pepper |
| 3 tablespoons pumpkin seeds, toasted |                          |
| 1/4 teaspoon pepper                  |                          |

## Directions:

1. Preheat oven to 400°F.
2. In a large bowl, toss the butternut squash with olive oil. Season with salt and pepper to taste. Arrange coated squash on a baking sheet in a single layer. Roast for 20-25 minutes or until squash is tender and lightly browned.
3. While the squash is roasting, rinse the quinoa under cold water until it runs clear. Place quinoa and water in a medium saucepan. Bring to a boil, reduce to a simmer, and cook partially covered until liquid is absorbed, about 20 minutes.
4. **For the dressing:** Whisk all the ingredients in a small bowl until combined. Season with salt and pepper.
5. **For the salad:** Combine the cooked quinoa, roasted squash, cranberries, red onion, and pumpkin seeds in a large bowl. Add the vinaigrette and mix until combined. Chill in the refrigerator for 1-2 hours and serve.

Nutrition Facts	
Serving Size 3/4 cup (182g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 160</b>
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein 5g</b>	
Vitamin A 170%	Vitamin C 25%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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