



Quinoa Butternut Squash and Kale Salad

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

8

Description

This is a goto type of recipe I use a lot The seasonings are pretty great and can be used for sweet potato fries and a fish marinade too You can vary this recipe by adding your favorite grain or bean You can also use whichever herb you enjoy

Ingredients

- - 2 tablespoons extra-virgin olive oil
- divided - ½ teaspoon ground cumin - ½ teaspoon dried oregano - ½ teaspoon chili powder - ½ teaspoon sea salt - ground black pepper to taste - ½ butternut squash - peeled
- seeded
- and cubed - 1 zucchini
- cubed - 2 cups water - 1 cup quinoa - 2 cups chopped lacinato kale - 2 cups chopped Italian parsley - ½ cup raisins - ½ cup chopped red onion - ¼ cup apple cider vinegar - 1 tablespoon honey

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Combine 1 tablespoon olive oil
2. cumin
3. oregano
4. chili powder
5. salt
6. and pepper together in a bowl. Add butternut squash and zucchini; toss until coated. Place butternut squash and zucchini onto a baking sheet. Bake in the preheated oven
7. tossing once half way through
8. until soft
9. about 25 minutes. Remove from oven; cool. Bring water and quinoa to a boil in a saucepan. Reduce heat to medium-low
10. cover
11. and simmer until quinoa is tender
12. 15 to 20 minutes. Drain and cool. Combine remaining 1 tablespoon olive oil
13. butternut squash
14. zucchini
15. quinoa
16. kale
17. parsley
18. raisins
19. red onion
20. apple cider vinegar
21. and honey in a bowl; toss until salad is combined.