

Spinach Quinoa and Roasted Butternut Squash Salad

Ingredients:

2 cups chopped spinach
1 cup quinoa, rinsed
2 cups water
1 (1 ½ pound) butternut squash peeled and diced
3 tbsp cup dried cranberries
3 tsp olive oil
Dash of salt
Lemon dressing
2 tbsp olive oil
2 cloves garlic pressed
1 tsp Dijon mustard
½ tsp salt
Dash of ground black pepper, to taste

Instructions

Butternut Squash: Preheat the oven to 400 degrees F. Place butternut squash on a sheet pan, drizzle 2 tablespoons of olive oil over squash and a dash of salt. Roast squash for 15- 20 minutes, turning once until tender. Add cranberries to pan for last 5 minutes. Remove from oven and let cool.

Cooking the quinoa: Rinse quinoa and combine with 2 cups of water. Add to a saucepan and bring to boil over medium heat until quinoa has absorbed all water. Remove from heat and let cool for 5 minutes.

Lemon dressing: Whisk together olive oil, lemon juice, garlic, Dijon mustard, salt, and pepper.

Tossing the salad: In a large bowl combine chopped spinach, cooled quinoa, butternut squash. Toss together then add lemon dressing mixture. Continue to toss until well combined then serve!