

NYBG

EDIBLE ACADEMY
HONEY & HARVEST WEEKEND

BUTTERNUT SQUASH CRANBERRY QUINOA SALAD

Prepared by Miriam Morales, Boogie Down Vegan Mom of 3
Yield: 5 cups

Ingredients

- 1 cup tricolor quinoa
- 3 cups butternut squash (1 whole butternut squash)
- ½ cup red onions
- ⅓ cup dried cranberries (with no added sugars or syrups)
- 3 tablespoons pumpkin seeds
- 2 cups kale
- A few pinches of pink Himalayan salt

Dressing

- ½ cup avocado oil
- ¼ cup balsamic vinaigrette glaze
- 2 teaspoons blue agave syrup
- 1 teaspoon garlic, minced



Instructions

Preheat the oven to 400°. Peel butternut squash with a peeler, cut in half, and spoon out the seeds. Cut into small cubes—this way it can cook faster. Place butternut squash cubes on a baking sheet, drizzle avocado oil and season with pink Himalayan salt. Roast for 20–25 minutes until tender.

Cook quinoa according to the quinoa package you choose to buy. Every quinoa cooks differently. I usually use 2 cups of water and 1 cup of raw quinoa. Cover and cook for approximately for 15 minutes until quinoa has absorbed all the water from the pot. Once done, uncover, turn off stove, and fluff with the quinoa with a fork. Let sit to cool for about 3 minutes.

Make the dressing. While the quinoa is boiling and the butternut squash is roasting, whisk the dressing ingredients together in a mixing bowl. Season with salt.

Chop the red onions and the kale.

Combine all the ingredients together with the dressing in a bowl. It is best to do while the quinoa and butternut squash is warm. Place in the refrigerator for 1–2 hours. Voila! Your butternut cranberry quinoa salad is done.