



# FALL BUTTERNUT SQUASH QUINOA SALAD

Quinoa tossed with a medley of fresh, crunchy veggies and drizzled with a delicious honey sauce. Everyone always loves this fun and delicious and easy Thai quinoa salad.

## INGREDIENTS

- 1 cup dry rainbow quinoa
- 1 small butternut squash, peeled and cubed
- 4 sprigs fresh thyme, stems removed
- 3 tablespoons olive oil
- 2 tablespoons maple syrup
- 1/2 small red onion, small dice
- Pinch of salt and pepper
- 1/4 teaspoon garlic powder
- 4 cups shredded kale

## INSTRUCTIONS

1. Prepare quinoa according to package instructions. Set aside to cool.
2. Toss cubed butternut squash with 2 tablespoons of the olive oil, the maple syrup, fresh thyme, and salt and pepper. Spread on a parchment lined sheet pan and bake at 400 degrees for 20 minutes or until fork tender and lightly browned.
3. Place roasted squash and quinoa in a large mixing bowl with the red onion.
4. In a separate bowl drizzle kale with remaining olive oil and sprinkle with a pinch of sea salt. Massage oil into kale until leaves begin to soften and take on a darker green color.
5. Add kale to the bowl with the quinoa and toss until well-incorporated.