



Kale, Quinoa, Butternut Squash & Craisin Salad

Source: Chef Raymon Lebron, *Everett Public Schools*

Yield: 8 servings; ½ cup portion each

Ingredients:

Salad

- 4 cups kale (washed, de-stemmed, and chopped)
- 1 cup quinoa (uncooked)
- 2 cups butternut squash (peeled, cubed)
- ½ cup craisins (dried cranberries)
- 2 tablespoons olive oil (for roasting squash)
- Salt and pepper to taste

Dressing

- 3 tablespoons olive oil
- 1 tablespoon lemon juice (freshly squeezed)
- 1 teaspoon Dijon mustard (optional, for tang)
- 1 teaspoon honey or maple syrup (optional, for sweetness)
- Salt and pepper to taste

Instructions:

1. **Prepare the quinoa:** rinse the quinoa under cold water. In a medium pot, combine the quinoa with 2 cups of water. Bring to a boil, then reduce the heat, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the water is absorbed. Fluff with a fork and set aside to cool.
2. **Roast the butternut squash:** Preheat your oven to 400°F (200°C). Toss the cubed butternut squash with 2 tablespoons of olive oil, salt, and pepper. Spread it evenly on a baking sheet. Roast for 20-25 minutes, flipping halfway through, until the squash is tender and slightly caramelized. Let it cool.
3. **Prepare the kale:** While the quinoa and squash are cooling, massage the kale. Add the chopped kale to a large bowl and drizzle with a small amount of olive oil (about 1 teaspoon). Gently massage the kale for 2-3 minutes until it softens and darkens in color.
4. **Make the dressing:** In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard (if using), honey or maple syrup (if using), salt, and pepper. Adjust the seasoning to your taste.
5. **Assemble the salad:** In a large bowl, combine the massaged kale, cooked quinoa, roasted butternut squash, and craisins. Drizzle the dressing over the salad and toss to combine.