

Kale Apple Salad

Ingredients:

- 2 10 oz bags of frozen butternut squash
- ½ tablespoon olive or avocado oil
- salt and freshly ground pepper
- 1 cup quinoa
- 2 cups chopped kale leaves
- Two small apples, pears, or figs sliced or dice
- 1 small red onion diced
- 1/2 cup dried cranberries
- ½ cup pecans roughly chopped
- 1/2 cup reduced-fat crumbled feta cheese
- 2 tbsp nuts or seeds per salad

For the apple cider vinaigrette:

- 6 tbsp extra virgin olive oil
- 4 tbsp apple cider vinegarette
- 2 tbsp maple syrup or honey
- 3 tsp Dijon mustard
- 2 garlic cloves minced

Directions

1. Preheat oven to 425 degrees. Roast the butternut squash. Toss with olive oil, sprinkle with salt and pepper, and roast until tender., about 20 minutes.
2. Cook the quinoa according to package instructions and let it cool.
3. Make dressing. Put all the ingredients in a jar and shake until combined.
4. Massage the kale. Kale can be tough and bitter. Massage it with half of the dressing to bring out the sweetness and make it more tender. Add the kale to a salad bowl with 1/2 of the dressing and toss until it's evenly coated.
5. Assemble – Add the quinoa, butternut squash, and apples into the bowl with the kale, and toss to combine.
6. Divide salad between 4 bowls and add toppings. Keep refrigerated until ready to enjoy!

MADE WITH LOVE

by Teresa Forchard