

Kale Salad with Butternut Squash, Quinoa, and Pumpkin Seeds

Karen Doyle @ 2014 Potluck

Ingredients

- 4 cups butternut squash, sliced into ¼ inch cubes
- ½ Tablespoon olive oil
- Pinch salt
- 1 ½ cups cooked quinoa
- 5 cups packed kale, very finely sliced
- 1/2 cup toasted pumpkin seeds
- ½ cup grated parmesan cheese
- 2-3 Tablespoons fresh oregano, chopped

- Lemon-Parmesan Dressing
 - 1/2 cup grated parmesan cheese
 - 7 Tablespoons olive oil
 - 3 Tablespoons fresh lemon juice
 - 1 Tablespoon maple syrup

- Blend all ingredients in a blender, food processor, or with a whisk.

- Instructions
 1. 1) Preheat the oven to 400°F.
 2. 2) Toss the butternut squash pieces with the olive oil and salt. Roast the squash for about 30 minutes until golden, mixing every 10 minutes.
 3. 3) While the butternut squash is roasting, cook the quinoa according to package directions.
 4. 4) Massage the sliced kale for about 1 minute.
 5. 5) Mix the sliced kale, pumpkin seeds, parmesan cheese, and oregano in a large bowl.
 6. 6) While the butternut squash and quinoa are cooling, make the lemon-parmesan

dressing.

7. 7) After the squash and quinoa have cooled, add them to the kale mixture, and toss the salad with dressing.

8. 8) The salad can be stored in the fridge for up to 4 days.