

# Winter Kale and Quinoa Salad

Serves 6

## Ingredients:

1 small butternut squash (~3.5 lbs)  
1 teaspoon honey  
1/2 Tbsp olive oil  
pinch smoked paprika or ground chipotle pepper  
1 cup quinoa (or sub other whole grain such as brown rice, barley, farro, etc.)  
2 cups water  
2 bunches kale  
1 cup water  
1 pomegranate, seeded  
1/3 cup walnuts, toasted  
pepper

## Directions:

1. First, roast the butternut squash. Preheat oven to 375F.
2. Peel the butter squash of the outermost layer. Cut the butternut squash in half and scoop out the seeds. Cut the squash into consistently sized pieces ~1 inch on each side. Toss with honey, olive oil, and paprika.
3. Spread squash onto a foil lined baking sheet and bake 30 minutes or until roasted. Stir every 15 minutes.
4. Remove squash from the oven and allow to cool while preparing the other components.
5. Next, prepare the quinoa. Follow the instructions on your package or combine 2 cups water with 1 cup quinoa. Bring to a boil, then reduce heat and simmer for 20-25 minutes until quinoa is cooked.
6. While the quinoa and squash are cooking, prepare the kale by removing any of the thick stems. Tear into bite-sized pieces. Add 1 cup water and the kale to a large pan or dutch oven. Cover and cook on med-high to steam the kale for 5 minutes. Remove the lid, toss the kale, and cook another 5 minutes.
7. Remove kale from heat and allow to cool.
8. Once squash, quinoa, and kale are cooked and cooled to room temperature, combine in a large bowl. Add walnuts and pomegranate seeds. Toss to combine. Add freshly ground pepper to taste.

