

## Roasted Squash and Quinoa Salad

Quinoa is not only nutritious, but also great for a make-ahead meal. Its taste and texture make it perfect for lunch the next day as there's nothing to go soggy.

**Preparation Time:** 15 minutes

**Roasting Time:** 30 minutes

*Serves 8*

3 cups (750 mL)	peeled bite-size chunks, Ontario Butternut Squash (about 2 lb/1 kg)
1 tbsp (15 mL)	<b>each</b> olive oil and Ontario Maple Syrup
1/2 tsp (2 mL)	<b>each</b> salt and ground cumin
1/4 tsp (1 mL)	cayenne pepper
1/2 cup (125 mL)	quinoa
2/3 cup (150 mL)	slivered Ontario Red Onion

### **Dressing:**

3 tbsp (45 mL)	<b>each</b> lemon juice and olive oil
1	clove Ontario Garlic, crushed
1/2 cup (125 mL)	chopped fresh Ontario Mint
1/4 cup (50 mL)	<b>each</b> coarsely chopped hazelnuts and dried apricots
2 tbsp (25 mL)	pumpkin seeds (pepitas)

In large bowl, stir together squash, oil, maple syrup, salt, cumin and cayenne. Place on baking sheet. Roast in 400°F (200°C) oven for 15 minutes; stir and roast until tender, 10 to 15 minutes.

Meanwhile, in a sieve, rinse quinoa very well under cold water. Place in medium saucepan; cover with 1 cup (250 mL) water. Cover and bring to boil; reduce heat and simmer until quinoa is tender, about 15 minutes. If any water remains, drain. Cover quinoa and let stand for 5 minutes. Fluff with fork.

In large bowl, place squash, quinoa and red onion; let cool slightly.

**Dressing:** In small bowl, whisk together lemon juice, oil and garlic. Pour over salad. Add mint, hazelnuts, apricots and pumpkin seeds; toss to coat.

### **Nutritional Information:**

1 Serving

PROTEIN:	4 grams
FAT:	10 grams
CARBOHYDRATE:	26 grams
CALORIES:	205
FIBRE:	3 grams
SODIUM:	156 mg