



Squash & Quinoa Spinach Salad

2 servings

35 minutes

Ingredients

140 grams Butternut Squash (cut into small cubes)
325 milligrams Cinnamon
Sea Salt & Black Pepper (to taste)
57 grams Quinoa
60 grams Baby Spinach
1/2 Apple (small, peeled and finely chopped)
10 grams Red Onion (finely chopped)
8 grams Walnuts (finely chopped)
29 milliliters Apple Cider Vinegar

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the butternut squash cubes on the baking sheet and season with the cinnamon and salt and pepper to taste. Toss to coat the squash with the seasoning then arrange into a single, even layer (do not overcrowd the pan). Bake for 25 to 30 minutes, flipping halfway through, or until the cubes are cooked through and have browned on both sides.
- 3 Meanwhile, cook the quinoa according to package directions.
- 4 To assemble the salad, divide the baby spinach, quinoa, and butternut squash between bowls and top with the apple, red onion, and walnuts. Drizzle with apple cider vinegar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Omit the walnuts and use sunflower or pumpkin seeds instead.

More Flavor: Mix the apple cider vinegar with honey or maple syrup for sweetness. Add fresh herbs, dried cranberries, or crumbled goat cheese.

More Fat: Add extra virgin olive oil to the apple cider vinegar.