



Winter Kale Salad

Prep Time 15 mins	Cook Time 45 mins	Total Time 1 hr
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Course: Entree, Salad, Side Dish Cuisine: Gluten-free, Mediterranean, Vegetarian Servings: 5
Calories: 435kcal Author: Deborah Murphy

Ingredients

For the Squash:

- 1 butternut squash
- 1 1/2 tablespoons olive oil
- 1/8 teaspoon sea salt
- 1/8 teaspoon ground black pepper

For the Quinoa:

- 1/2 cup uncooked quinoa
- 1 cup vegetable broth

Vinaigrette

- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 1/2 tablespoon dijon mustard
- 2 teaspoon maple syrup
- 1/8 teaspoon sea salt
- 1/8 teaspoon ground black pepper

For the Salad:

- 10 leaves Tuscan or purple kale
- 1 teaspoon olive oil
- 1/2 teaspoon lemon juice
- 1/8 teaspoon sea salt
- 1/2 pomegranate
- 1/4 cup crumbled goat cheese
- 1/4 cup pumpkin seeds

Instructions

For the Squash

1. Preheat oven to 180oC
2. Peel and chop butternut squash into 1/2 inch pieces. Add to a baking sheet and drizzle with olive oil, salt, and black pepper. Toss to coat and bake for 25-30 minutes or until soft with browned edges. Remove from the oven and set aside.

For the Quinoa

1. To make the quinoa, rinse quinoa well in a fine strainer. Add rinsed quinoa to a small saucepan and pour in broth. Bring a simmer and then cover. Cook for 20 minutes or until broth is absorbed and quinoa is soft. Turn off heat and set aside.

For the Dressing

1. Make the vinaigrette by adding all the ingredients to a jar and shaking until well mixed.

Salad Assembly

1. Remove stems from kale leaves and thinly slice. Add to a large salad bowl and drizzle with olive oil, lemon juice and a sprinkle of salt. Massage until leaves start to soften.
2. Stir in butternut squash, cooked quinoa, pomegranate, pumpkin seeds, and dressing. Toss to coat.
3. Top salad with goat cheese. Serve a little onto each plate.