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Growing a Green Community

Maple Squash Quinoa Salad

Prep Time: 15 minutes **Cook Time:** 30 minutes **Yield:** 7 cups

Ingredients

2 green onions, chopped
1 small squash (approx. 2 lbs), peeled, seeded, and cut into 3/4-inch chunks
4-5 medium carrots, peeled and cut into 3/4-inch chunks
2 teaspoons extra virgin olive oil
1/2 tablespoon maple syrup
1 teaspoon kosher salt
1/2 teaspoon black pepper
1 1/2 cups vegetable stock
3/4 cup uncooked quinoa
1/2 cup dried cranberries
1/2 cup toasted pepitas
2 tablespoons fresh thyme, chopped

For the vinaigrette:
3 tablespoons extra virgin olive oil
1 1/2 tablespoons apple cider vinegar
2 teaspoons Dijon mustard
1 teaspoon maple syrup
1/2 teaspoon kosher salt
1/4 teaspoon black pepper

Directions

- Preheat the oven to 400°F.
- Place the squash and carrots on separate baking sheets. Drizzle with olive oil and maple syrup, then sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper. Toss to evenly coat, then spread the squash and carrots into a single layer. Bake for 15 to 20 minutes, turning once, until tender. Remove from the oven and set aside.
- While the squash and carrots are baking, bring the broth and quinoa to a boil in a medium pan. Once boiling, reduce the heat to a simmer, cover, and let cook 15 minutes, until the water is absorbed. Remove from the heat and let stand with the lid on for 5 minutes. Fluff with a fork, then transfer to a large serving bowl.
- In a jar, combine the vinaigrette ingredients: olive oil, vinegar, mustard, maple syrup, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Shake well. Drizzle enough of the vinaigrette over the warm quinoa to moisten it, then stir to combine.
- Scrape the roasted butternut squash, carrots and any pan juices into the bowl with the quinoa. Add the cranberries, pepitas, spring onions and thyme. Toss to combine, adding more dressing as desired. Serve warm or at room temperature. Enjoy!

Recipe adapted from: https://www.wellplated.com/butternut-squash-quinoa-salad/

Ecosource is an innovative environmental organization inspiring our community to care about and take personal action for the environment through creative public education. Our community gardens program enables Mississauga residents and local partners to grow fresh and culturally appropriate food in parks across the city. This program is generously supported by the City of Mississauga. Visit ecosource.ca to learn more.

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