

# Ashley's Meal Prep Monday!

## Butternut Squash Quinoa Salad



### INGREDIENTS

1 small butternut squash,  
peeled, deseeded and cut into  
1-inch cubes (about 4 cups)

1 TBSP avocado oil

salt/pepper

4 cups kale, destemmed and  
chopped

3/4 cup cooked quinoa

1/4 cup raisins

Dressing:

1/4 cup avocado oil

3 TBSP red wine vinegar

1 TBSP honey

1 TSP dijon mustard

Salt/pepper



Preheat oven to 400 and line a large cookie sheet with parchment paper. Place butternut squash onto prepared cookie sheet and drizzle oil on top. Season with salt/pepper and toss to coat. Spread into an even layer and roast until they soften and begin to caramelize, about 30-35 minutes. Set aside to cool while preparing the rest of the salad.

In a large bowl, whisk together salad dressing ingredients. Add the chopped kale on top of the dressing and use your hands to massage the dressing into the kale to tenderize them.

Add the quinoa, raisins and cooled butternut squash on top of the kale and dressing and toss carefully to combine. (You could also use pomegranate seeds and feta cheese on top. I even added shredded chicken to mine).

Recipe: [www.feelgoodfoodie.net](http://www.feelgoodfoodie.net)

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