

Fall Quinoa Salad

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: About ½ cup

Ingredients

½ cup uncooked quinoa
1 cup water
2 tablespoons balsamic vinegar
Juice from 1 orange (about ¼ cup)
1 tablespoon canola or avocado oil
1 pound Brussels sprouts (halved or shredded)
1 apple, diced (e.g. Red Delicious, Gala, Honeycrisp)
1 cup cubed butternut squash, frozen (or may buy fresh and pre-cook ahead of time)
½ cup chopped pecans
1 tablespoon fresh rosemary, minced (or 1 teaspoon if dried)

Directions

1. Rinse the quinoa in a fine mesh strainer.
2. Bring 1 cup water to a boil in a medium saucepan (pot), then add the quinoa.
3. Cover the saucepan with a lid. Reduce the heat to low and cook until tender and fluffy, about 15 minutes.
4. In a small bowl, add the balsamic vinegar and orange juice. Whisk to combine, then set aside.
5. Heat a sauté pan over medium heat.
6. Add the oil and heat until shimmering.
7. Add the Brussels sprouts and sauté until they begin to brown.
8. Add the apple and butternut squash.
9. Continue sautéing until all the items are browned, then turn the heat to low.
10. Add the cooked quinoa, the balsamic-juice mixture, pecans, and rosemary to the sauté pan. Stir to combine.
11. Serve warm.

Recipe Notes

- The apple can be substituted with other fall fruits, such as pomegranate seeds or dried cranberries.
- To cook fresh butternut squash: Cut the squash into cubes, toss with oil, then bake at 375°F for about 45 minutes on a lined baking sheet

Nutrition Facts Per Serving: Calories: 150 | Total Fat: 6.5 g | Saturated Fat: 0.5 g
Sodium: 12 mg | Total Carbohydrate: 20 g | Dietary Fiber: 3.5 g | Protein: 4.5 g

Adapted from EmilieEats.com | Submitted by Audrey Ferguson, RDN
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