

Butternut Squash and Cranberry Whole Grain Salad

Adapted from *Little Broken*, <https://www.littlebroken.com/butternut-squash-cranberry-quinoa-salad/>

Shopping List

For the salad:

- 3 cups butternut squash (already peeled and chopped into small cubes)
- 1 Tbsp. olive oil
- 1 cup uncooked farro (you can also use quinoa or wild rice)
- 3 cups water (only 1 ½ cups if using quinoa)
- 1/3 cup dried cranberries
- 1/3 cup finely chopped red onion
- 3 Tbsp. toasted pumpkin seeds or chopped walnuts
- [Kosher salt](#) and fresh black pepper

Balsamic Vinaigrette:

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1 garlic clove, minced
- [Kosher salt](#) and fresh black pepper

Tips for the live Virtual Kitchen:

-you can buy squash already peeled and cubed. You can use frozen and thawed also.

-we will be chopping the onion, garlic, and walnuts together, you don't need to do that in advance.

-have your water in a pot on the stove already heating up, and the stove preheating to 400 degrees when you log in so we can start cooking right away.

Instructions

1. Preheat the oven to 400 degrees F.
2. In a large bowl, toss the butternut squash with olive oil. Season with salt and pepper, to taste. Arrange coated squash on a [baking sheet](#) in a single layer. Roast for 20-25 minutes or until tender and lightly browned.
3. While the squash is roasting, rinse quinoa under cold water until water runs clear. Place quinoa and water in a medium saucepan. Bring to a boil, reduce to a simmer, and cook partially covered until liquid is absorbed, about 20 minutes.
4. To assemble the salad, combine the cooked quinoa while still warm, roasted squash, cranberries, red onions, and toasted pumpkin seeds in a large bowl. Add the vinaigrette and lightly toss until combined. Refrigerate 2 hours up to overnight. Before serving, taste for salt and pepper.

BALSAMIC VINAIGRETTE

1. Whisk all the ingredients in a small bowl until combined. Season with salt and pepper, to taste.