

Squash Salad

Ingredients

- 1/4 cup uncooked Quinoa
- 1 Butternut Squash (or any Squash)
- 1 Scallion or Onion
- 2 tsp Olive Oil
- 4 cups Mixed Greens



Directions

1. Cook quinoa according to package.
2. Preheat oven to 425° F and chop squash and scallion (see below).
3. On an oven tray, toss butternut squash with olive oil, scallions, and any desired seasonings. Bake for 30-35 minutes.
4. In a large bowl, combine squash with quinoa and mixed greens. Drizzle with olive oil and any desired seasonings.
5. Serve while squash is warm. Makes two even servings.

Directions For Cubing Squash

1. Trim off both ends (about 1/4 inch on each side).
2. Cut the squash in half **lengthwise**. Then cut both those pieces in half **lengthwise**. You will have four long pieces.
3. Then cut those pieces in half **crosswise** for 8 short pieces.
4. With a spoon, scoop out seeds and tough part of the inside. (You can save the seeds for later! Just heat them in a pan with no oil and they'll turn into a crisp snack. You can even add them to this salad!!)
5. Dice remaining pieces into bite-sized cubes!

