



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Autumn Salad

1 small butternut squash or 3 sweet potatoes, peeled and diced
1/2 Tablespoon olive oil
2/3 cup uncooked quinoa, rinsed
1 cup water
2 cups chopped kale, stems removed
1/4 cup dried cherries or cranberries
1/4 cup chopped walnuts
1/3 cup crumbled feta cheese
1 large apple, cored and sliced thinly



Dressing

3 Tablespoons olive oil
2 Tablespoons apple cider vinegar
1/2 Tablespoon honey
1 1/2 teaspoons Dijon mustard
1 garlic clove, minced
1/8 teaspoon salt
1/8 teaspoon pepper

Instructions: Preheat oven to 400°F. Place squash or potatoes on baking sheet and toss with oil. Roast 25–30 minutes, until tender. Meanwhile, combine quinoa and water in saucepan and bring to a boil. Reduce heat to medium–low, cover and simmer until water is absorbed. In a small bowl, whisk oil, vinegar, honey, mustard, garlic, salt and pepper. Place kale in a large bowl and pour dressing over it; using clean hands, massage the dressing into the kale. Stir the cooked quinoa and dried cherries or cranberries into the kale. Before serving, toss kale salad with walnuts, feta cheese and apple. Refrigerate leftovers.

Yield: 5 servings

Nutrition Facts (per serving): 350 calories, 17 grams fat, 240 milligrams sodium, 46 grams carbohydrate, 6 grams fiber, 8 grams protein