

## Quinoa Arugula Salad with Butternut Squash

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Makes 8 servings

### INGREDIENTS

- 5 cups diced or cubed butternut squash
- 2 1/2 tablespoons olive oil
- 1 cup quinoa, cooked and cooled
- 4 cups arugula, washed and dried
- 1/2 lb. asparagus, steamed and sliced in half on diagonal
- 1 cup red pepper, chopped
- 1 cup cherry tomatoes, halved
- 1/4 cup raw pepitas
- Salt and pepper to taste
- 1/2 lemon, juiced
- 3 tablespoons white balsamic vinegar
- 1 small garlic clove, pressed or minced
- 1 teaspoon maple syrup
- Sea salt and ground pepper to taste

### DIRECTIONS

Prep:

1. Preheat oven to 350 degrees F.
2. Toss squash with 1 tablespoon oil. Season with salt/pepper, place on parchment lined baking sheet and roast for 20 minutes until just soft. Set aside to cool.
4. Steam asparagus until bright green and tender, but still somewhat crisp; then chop.
5. Chop red pepper and tomatoes.
6. Press garlic.
7. Cook quinoa according to directions: 1 cup quinoa: 2 cups water. Set aside.

Make:

1. Add ingredients for vinaigrette - 1 1/2 Tbsp. oil, lemon juice, vinegar, garlic, maple syrup - to Mason jar and shake vigorously.
2. Place salad ingredients in a large bowl. Toss with dressing and serve.

Recipe source: [www.livingplate.com](http://www.livingplate.com)