

Acorn Squash, Cranberry, & Kale Salad

8 servings

- 1 cup brown rice, uncooked
- 2 cups no salt added vegetable broth
- 1 acorn squash, scrubbed with clean vegetable brush under running water, cubed
- 2 Tablespoons vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons balsamic vinegar
- ¼ cup vegetable oil
- 1 Tablespoon maple syrup
- 1 teaspoon mustard (Dijon or other)
- 4 cups kale leaves, gently rubbed under cold running water, chopped
- ½ cup dried cranberries
- ¼ cup pumpkin seeds
- ½ cup crumbled feta cheese (optional)



1. Wash hands with soap and water.
2. Wash and prepare vegetables.
3. Preheat the oven to 375 °F.
4. Cook rice in broth according to package directions.
5. Mix cubed squash with vegetable oil, salt and pepper. Place squash in a baking dish. Roast squash for 20 minutes or until fork tender.
6. Combine vinegar, vegetable oil, maple syrup and mustard in a small bowl until well combined.
7. Place kale in a large bowl and pour half the dressing over the top. Massage leaves for about 2-3 minutes until softened. Add cooked rice, squash, dried cranberries, pumpkin seeds and feta cheese if using. Mix until combined.
8. Pour desired amount of remaining dressing and mix.
9. Store leftovers in a sealed container in the refrigerator.

Nutrition Information serving size (1 cup): Calories 280, Total Fat 15g, Saturated Fat 3.5g, Cholesterol 10mg, Sodium 210mg, Total Carbohydrates 34g, Fiber 2g, Total Sugars 8g, includes 5g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 8%.