

Acorn Squash, Cranberry, and Kale Salad

Nebraska Seasonal Produce Guide

8 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 acorn squash, cubed
- 4 cups kale leaves, chopped
- 1 cup brown rice, uncooked
- 2 cups no salt-added vegetable broth
- 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)
- ½ cup dried cranberries
- ¼ cup pumpkin seeds
- ½ cup feta cheese (optional)

Instructions

1. Wash hands with soap and water.
2. Scrub acorn squash with a clean vegetable brush under running water and then cube. Gently rub kale leaves under cold running water and then chop.
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, 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 2-3 minutes until softened. Add cooked rice, squash, dried cranberries, pumpkin seeds, and feta cheese if using. Mix until combined.
8. Pour the desired amount of remaining dressing and mix.

Nutrition Information per Serving (1 cup): Calories 280, Total Fat 15g, Saturated Fat 3.5g, Cholesterol 10mg, Sodium 210mg, Total Carbohydrates 34g, Fiber 3g, Total Sugars 8g, includes 5g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 8%



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