

# Autumn Quinoa Salad

Serving Size: 6 | Prep Time: 5 minutes | Cooking Time: 40 minutes

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## INGREDIENTS

1 cup uncooked quinoa  
2 cups water  
1 1/2 teaspoons salt  
6 tablespoons olive oil  
4 1/2 to 5 cups butternut squash  
1 cup sliced brussels sprouts

1/2 medium red onion, diced  
1 medium apple  
3/4 cup feta  
1/3 cup dried cranberries  
1/3 cup chopped parsley  
4 tablespoons lemon juice



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## DIRECTIONS

1. Add quinoa, water, and salt and bring to a boil. Reduce heat to low, cover pan, cook another 15 minutes until water has evaporated. Let quinoa dry and cool.
2. Preheat oven to 375 degrees.
3. Cut squash into 1/2 inch chunks. Cover with 2 tablespoons olive oil and 1/4 teaspoon salt and bake about 25 minutes.
4. In a large pan, heat 2 tablespoons oil and sauté onions about 2 minutes. Add brussels sprouts, cook 4 more minutes.
5. Add quinoa, squash, onions, brussels sprouts, apple, feta, dried cranberries, parsley, 2 tablespoons olive oil, 3 tablespoons lemon juice and paprika into large mixing bowl and toss.