

## KALE, QUINOA, & SQUASH SALAD

INGREDIENTS 1 cup quinoa 3 large handfuls of kale 1 pack of cubed butternut squash  
sundried tomatoes 2 tbsp grapeseed oil

 25 minutes 6 portions

### INGREDIENTS

- 2 cups of kale
- 1 cup of quinoa, cooked [185 g]
- 2 cups, cubes of squash, winter, butternut, raw [280 g]
- 1 cup of tomatoes, sun-dried [54 g]

### COOKING METHOD

- 1<sup>o</sup> Bring 2 cups of water to boil, add 1 cup quinoa, cover & let simmer 20 minutes. Meanwhile, place a large skillet over med-low heat, add oil, tomato, & diced butternut squash. Cover & let cook 20 minutes or until fork tender. Next add your kale to a food processor or blender & shred. Add shredded kale to skillet & let cook additional 3-4 minutes. In a large bowl add cooked quinoa, butternut squash, & kale. Mix together, sea salt to taste, & enjoy!

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (126 g)	% DRI
ENERGY	76 kcal	95 kcal	5 %
FAT	1 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	16 mg	20 mg	1 %
CARBOHYDRATE	15 g	19 g	6 %
SUGARS	4 g	5 g	—
FIBER	4 g	4 g	18 %
PROTEIN	3 g	4 g	—