

# ONE BITE

onebitevegan.com

*Vegan Magazine*

Nov/Dec 2019

20 FESTIVE RECIPES  
for **THANKSGIVING**  
& **CHRISTMAS**

STAYING HEALTHY  
OVER THE HOLIDAYS  
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS  
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS  
for your *New Year Party*

NOT ONE, BUT TWO  
»» **READER GIVEAWAYS!** ««

# Butternut Squash QUINOA SALAD

Marcie - Flavor the Moments

Butternut Squash Quinoa Salad is a hearty vegan quinoa salad with roasted butternut squash, pomegranate and a tangy, sweet apple cider maple dressing!

## INGREDIENTS

### FOR THE SALAD:

- 1 cup quinoa, cooked according to package instructions and rinse with cold water and drain well
- 2 cups cubed butternut squash\*
- 2 tablespoons olive oil
- 1 cup chopped baby kale
- 1 large green onion, chopped
- ½ cup pomegranate arils
- ½ cup toasted pecans

### FOR THE DRESSING:

- ¼ cup apple cider vinegar
- 2 tablespoons maple syrup
- 1 tablespoon dijon mustard
- 6 tablespoons extra virgin olive oil
- Salt and pepper, to taste

### NOTES:

- The butternut squash may be substituted with your favorite winter squash like delicata, kabocha, pumpkin or red kuri squash.
- If you're not a fan of pomegranate, you may substitute it with dried cranberries.
- Substitute walnuts for pecans if desired.
- This butternut squash quinoa salad is great for meal prep! Store in airtight containers in the fridge for 3-5 days.

### NOTES:

- Purchase pre-toasted pecans for a time saver, or place pecans on a rimmed baking sheet and bake at 350 degrees for 8-10 minutes or until fragrant.

### INSTRUCTIONS

#### PREPARE THE SALAD:

1. Preheat the oven to 400 degrees. Place the butternut squash on a large rimmed baking sheet, and toss with 2 tablespoons of olive oil and salt and pepper, to taste.
2. Bake for 30-40 minutes, or until squash is tender and caramelized.
3. Place the quinoa, squash, baby kale, green onion, pomegranate and pecans in a large bowl.

#### PREPARE THE DRESSING:

1. Place all dressing ingredients in a mason jar and seal the lid tightly. Shake vigorously until emulsified and adjust the seasoning as necessary.
2. Toss the salad with the desired amount of dressing until well coated, then serve and enjoy!



Marcie

Marcie is the content creator behind [flavorthemoments.com](http://flavorthemoments.com). She is a culinary school graduate and uses her skills to create delicious and creative plant-based recipes. She hopes to show her followers that cooking doesn't have to be time consuming or difficult to taste delicious!

Website: [flavorthemoments.com](http://flavorthemoments.com)

[Facebook](#) [Twitter](#) [Pinterest](#) [Instagram](#)