

# TOASTED QUINOA SALAD WITH ROASTED BC CRANBERRY DRESSING



## INGREDIENTS

### For the Quinoa Salad

1 cup	Uncooked Quinoa	250 ml
2 cups	Water	500 ml
1 medium	BC Buttercup Squash, washed, seeded, and sliced	1 medium
1 medium	BC Fennel Bulb, sliced	1 medium
¼ cup	Avocado Oil	60 ml
2 medium	BC Shallots, minced	2 medium
¾ cup	BC Kale, shredded	180 ml
½ cup	BC Craisins	125 ml
3 tbsp	Italian Parsley, minced	45 ml
To taste	Salt and Pepper	To taste



## DIRECTIONS

1. Preheat oven to 375° F (190° C).
2. In a dry pan over medium heat, toast quinoa.
3. Transfer to a pot and add water. Bring to a boil, reduce heat, and cover for 10-15 minutes or until all the water has been absorbed. Remove from heat and let sit for at least 5 minutes. Fluff with a fork.
4. Meanwhile, place sliced BC Squash and sliced BC Fennel on their own parchment-lined baking tray. Drizzle with oil and season with salt and pepper. Toss to cover evenly.
5. Place the tray in the oven for 7-12 minutes, or until vegetables are soft and slightly browned.
6. Set aside for the salad.
7. While still warm, add at least ¼ cup of the Roasted BC Cranberry Dressing (see below) to the cooked quinoa, more if desired. Gently mix with a fork to combine.
8. Add roasted squash and fennel, BC Shallots, BC Kale, parsley, and BC Craisins.
9. Gently toss with a fork, being sure not to mash the roasted vegetables.
10. Adjust seasonings and garnish with ¼ cup (60 ml) of roasted BC Cranberries (from the dressing recipe below).
11. Serve immediately or store in the refrigerator, covered for up to three days.

## INGREDIENTS

### For the Roasted BC Cranberry Dressing

½ cup	Fresh BC Cranberries	125 ml
1 cup	Avocado Oil	250 ml
1 tbsp	Dijon Mustard (smooth or grainy)	15 ml
½ tsp	BC Garlic, minced	3 ml
5 tbsp	Red Wine Vinegar	75 ml
2 tbsp	Fresh Lemon Juice	30 ml
3-5 tbsp	Water	45-75 ml
2 tbsp	Italian Parsley, minced	30 ml
½ tsp	Salt	3 ml
½ tsp	Pepper	3 ml

## DIRECTIONS

1. Preheat oven to 375° F (190° C).
2. Place the fresh BC Cranberries on a parchment-lined baking tray, Drizzle lightly with oil and season with salt and pepper. Toss to coat evenly.
3. Place the tray in the oven and bake for 10-15 minutes. Cranberries will burst and be lightly browned.
4. Reserve ¼ cup (60 ml) of roasted cranberries for garnish.
5. Combine all the remaining ingredients in a food processor or blender.
6. Add more water until desired dressing consistency is reached.
7. Adjust the seasoning and transfer the dressing to a container with a lid.
8. Dressing can be stored in the fridge for up to two weeks.