

Hearty Fall Salad

Ingredients:

Maple Vinaigrette

½ cup apple cider vinegar

¼ cup maple syrup

2 TBSP dijon mustard

1 garlic clove, minced

⅔ cup olive oil

½ tsp kosher salt

½ tsp ground pepper

Salad

1 cup dried cherries

1 medium butternut squash, peeled,
seeded & cut into ½ inch pieces

Salad (cont'd)

2 garlic cloves, smashed

3 TBSP olive oil

6 TBSP grapeseed, avocado or vegetable

1 cup *cooked* quinoa

4 cups chopped romaine

4 cups mixed greens

1 ½ cups pomegranate seeds ([video](#) for
how to easily seed them)

1 cup almonds, toasted & chopped

1 cup crumbled goat cheese or shaved
Parmesan

Instructions

1. Cook quinoa according to package. You'll use just 1 cup of cooked quinoa.
2. Roast Squash. Preheat oven to 400 degrees. Spread squash and garlic on a rimmed baking sheet, drizzle with olive oil and season with salt and pepper. Coat squash in 3 TBSP olive oil. Roast until tender, about 30 minutes. Discard garlic.
3. Make dressing. Whisk together vinegar, maple syrup, mustard and garlic in a bowl. Slowly drizzle in olive oil, whisking constantly until mixture emulsifies. Season with salt and pepper.
4. Add cherries to a bowl with ½ cup dressing. Stir to coat.
5. Toast Cooked Quinoa: Heat 6 TBSP oil in a large skillet over medium-high heat until shimmering. Add quinoa and cook until toasted and crispy, tossing occasionally for 10-15 minutes. Transfer to a paper towel-lined baking sheet and set aside.
6. In a large salad bowl, add romaine and greens and coat well with dressing. Stir in cherries with their dressing, butternut squash (except for one cup) and quinoa. Top with remaining butternut squash, pomegranates, chopped almonds and cheese. Enjoy! (Recipe adapted from [justaddsalt.com](#))

The story behind the recipe: My friend Tina suggested this recipe to help me step up my “salad game”. And it worked! It is quite delicious and very hearty. Pomegranates and butternut squash are in my local farmer’s market well into winter, so this could be called a winter salad too.