

Quinoa Butternut Kale Salad with Goat Cheese Croutons and Maple Vinaigrette

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Makes 6-8 servings

Salad

4 cups butternut squash (about 1.5 lbs.) halved, deseeded and cubed
1 tablespoon olive oil
1 tablespoon Lawry's Chipotle Cinnamon Rub
1 large bunch of Tuscan Kale (6 cups) stemmed and very finely chopped
½ cup red quinoa-dry

Dressing

3 tablespoons olive oil
1 tablespoon balsamic vinegar
1 tablespoon apple cider vinegar
1 teaspoon dijon mustard
1 teaspoon honey or maple syrup
⅛ teaspoon cayenne pepper
Salt & Pepper

Topping

¼ cup pumpkin or sunflower seeds
2 tablespoons dried cranberries
Goat cheese croutons

1. Preheat oven to 400 degrees F. Place cubed butternut squash on a parchment-lined baking sheet, drizzle 1 teaspoon olive oil over the top and toss with cinnamon chipotle rub.
2. Cook for 25-30 minutes until squash is fork-tender and set aside.
3. Rinse the quinoa and add to pot with 1 cup of water. Bring to a boil, lower to simmer, cover and cook until water is absorbed 12-15 minutes.
4. In a medium bowl, whisk together olive oil, balsamic vinegar, apple cider vinegar, Dijon mustard, maple syrup and cayenne pepper in a small bowl; Set aside.
5. Place chopped kale in large bowl and pour dressing all over the chopped kale. Using your hands massage the kale until it wilts slightly.
6. Toss in butternut squash, quinoa, cranberries and pumpkin seeds.
7. Place on platter or plate and garnish with goat cheese croutons.

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Goat Cheese Croutons

Makes 16 croutons

1 cup canola oil
8 ounces goat cheese log
¼ cup all-purpose flour
Large egg, beaten
¾ cup panko breadcrumbs

1. Heat vegetable oil in a medium skillet over medium-high heat. Slice the goat cheese into 8 equal rounds, then each round in half for 16 half-moons.
2. Set up three shallow plates, one with flour, one with egg, one with panko breadcrumbs.
3. Coat all sides goat cheese half-moons in flour, then egg, then breadcrumbs.
4. Shake off excess and fry in oil until golden brown on both sides, about 1 minute per side.
5. Transfer to a paper towel to rest before garnishing on salad.