



# Quinoa Butternut Arugula Salad with Raspberry Vinaigrette and Dried Cranberries

Recipe courtesy of UConn Dining Services | [dining.uconn.edu/recipes](http://dining.uconn.edu/recipes)  
Makes 6-8 servings

## Salad

- 8 4 cups Butternut Squash (about 1.5 lbs.) halved, deseeded and cubed
- 1 Tablespoon Olive Oil
- 1 Tablespoon Lawry's Chipotle Cinnamon Rub
- 6 cups Baby Arugula
- ½ cup Red Quinoa-dry

## Dressing

- 2 cups of your favorite dressing: Raspberry Vinaigrette / Maple Balsamic / Blood Orange Vinaigrette

## Topping

- ¼ cup Sunflower Seeds or Pumpkin Seeds-Toasted
- 2 Tablespoons dried Cranberries

## Instructions

- 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 or vegetable stock. Bring to a boil, lower to simmer, cover and cook until water is absorbed 12-15 minutes. Set aside to cool slightly.
- 4.Place arugula in large bowl with butternut squash, quinoa, dried cranberries and sunflower seeds.
5. Pour a ½ cup dressing at a time over top, tossing until coated. Continue until salad is coated but not overdressed.
- 6.Season to taste with salt and pepper, place in bowl and serve.