



## Acorn Squash, Cranberry, & Kale Salad 8 servings

- 1 cup brown rice, uncooked
- 2 cups no salt added vegetable broth
- 1 acorn squash, scrubbed with clean vegetable brush under running water, cubed
- 2 Tablespoons vegetable oil
- 1/4 teaspoon salt
- <sup>1</sup>/<sub>4</sub> teaspoon pepper
- 2 Tablespoons balsamic vinegar
- <sup>1</sup>/<sub>4</sub> cup vegetable oil
- 1 Tablespoon maple syrup
- 1 teaspoon mustard (Dijon or other)
- 4 cups kale leaves, gently rubbed under cold running water, chopped
- 1/2 cup dried cranberries
- 1/4 cup pumpkin seeds
- <sup>1</sup>/<sub>2</sub> cup crumbled feta cheese (optional)
- 1. Wash hands with soap and water.
- 2. Wash and prepare vegetables.
- 3. Preheat the oven to 375 °F.
- 4. Cook rice in broth according to package directions.
- 5. Mix cubed squash with vegetable oil, salt and pepper. Place squash in a baking dish. Roast squash for 20 minutes or until fork tender.
- 6. Combine vinegar, vegetable oil, maple syrup and mustard in a small bowl until well combined.
- 7. Place kale in a large bowl and pour half the dressing over the top. Massage leaves for about 2-3 minutes until softened. Add cooked rice, squash, dried cranberries, pumpkin seeds and feta cheese if using. Mix until combined.
- 8. Pour desired amount of remaining dressing and mix.
- 9. Store leftovers in a sealed container in the refrigerator.

*Nutrition Information serving size (1 cup):* Calories 280, Total Fat 15g, Saturated Fat 3.5,g Cholesterol 10mg, Sodium 210mg, Total Carbohydrates 34g, Fiber 2g, Total Sugars 8g, includes 5g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 8%.

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