

Makes 4-6 servings

- ¾ cup dry quinoa, cooked according to package directions.
- 4 cups pie pumpkin, peeled, seeds removed, diced into ½ inch pieces
- ¼ cup red onion, diced
- 1 ½ tablespoon olive oil
- 1 teaspoon kosher salt
- ¾ teaspoon dried thyme
- ¼ teaspoon ground cinnamon
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 4 cups chopped spinach or baby kale
- ½ cup chopped, toasted walnuts*
- ½ cup dried cranberries

ORANGE BALSAMIC DRESSING:

- ⅓ cup extra virgin olive oil
- 3 tablespoons orange juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon dijon mustard
- ¾ teaspoon kosher salt
- ¼ teaspoon ground black pepper

Instructions:

Preheat your oven to 375°. Prepare the quinoa according to the package directions. Set aside and cool. Peel the pumpkin and use a spoon to remove the seeds. Using a sharp knife, dice the pumpkin into half inch cubes. Remove the papery skin from the red onion, cut in half and dice the desired amount. Place both pumpkin and onion into a large mixing bowl. In a smaller bowl, combine the olive oil, salt, thyme, cinnamon, garlic powder, and pepper. Pour the olive oil mixture over the pumpkin and onions and mix. Transfer to foil-lined baking sheet and roast for 25-30 minutes, stirring once or twice, until fork tender. While the pumpkin is cooking combine all the ingredients for the balsamic dressing. When it is done cooking, combine the roasted pumpkin, kale, cooked quinoa, walnuts*, and cranberries. Pour the orange balsamic dressing over and toss well to coat.

*For nut allergies, pumpkin or sunflower seeds can be substituted.