

Roasted Butternut Squash and Quinoa Brussels Sprouts Salad

14 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 400°F (204°C).
2. In a glass or foil-lined baking dish, toss the butternut squash with 1/3 of the olive oil, and salt. Roast for 30 minutes.
3. Line a baking sheet with aluminum foil. Place chicken breast on sheet and season with olive oil, salt and pepper. Roast in oven for 25 - 30 minutes, or until done. Let cool and then cut into bite sized pieces.
4. Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
5. Add 1/2 tablespoon of olive oil, leeks, and onion to a sauté pan over medium heat. Cook until tender and translucent, about 8 - 10 minutes.
6. In a large mixing bowl, whisk together the remaining olive oil, apple cider vinegar, mustard and maple syrup.
7. Distribute the shredded brussels sprouts among 6 serving bowls. Add the roasted butternut squash, chicken, cranberries, quinoa, onions and leeks, and pumpkin seeds. Add the dressing when ready to serve. Gently toss until well combined. Enjoy!

Notes

No Butternut Squash

Use carrots or sweet potato instead.

Leftovers

Refrigerate in an airtight container up to five days.

No Quinoa

Use rice or cauliflower rice instead.

More Greens

Add spinach or arugula.

Ingredients

- 1 1/2 lbs Chicken Breast
- 1 Yellow Onion
- 1 Leeks
- 3 cups Butternut Squash (medium, peeled and cubed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 cup Quinoa (dry, uncooked)
- 2 cups Water
- 1 1/2 tbsps Apple Cider Vinegar
- 2 tsps Dijon Mustard
- 1 tbsp Maple Syrup
- 1/2 cup Dried Unsweetened Cranberries
- 1/2 cup Pumpkin Seeds
- 3 cups Brussels Sprouts (Shredded)

Nutrition

Amount per serving

Calories	514	Cholesterol	117mg
Fat	19g	Sodium	198mg
Carbs	46g	Vitamin A	8060IU
Fiber	8g	Vitamin C	56mg
Sugar	13g	Calcium	104mg
Protein	44g	Iron	5mg

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