



# Roasted Acorn Squash Quinoa Salad

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**A yummy squash lunch that also contains powerful antioxidant compounds which protect against stress? What more could you want out of a meal! Peggy Kotsopoulos' dish also contains cranberries, pomegranate seeds and pecans, making it the ultimate fall salad.**

## Ingredients

- 2 whole acorn squash, small
- 2 tbsp coconut oil
- 1/4 cup onion, diced
- to taste sea salt
- to taste pepper
- 2 cups cooked quinoa
- 1 1/2 cups fresh spinach, chopped
- 1/4 cup dried apricots, chopped
- 1/4 cup dried cranberries
- 1/3 cup pecans, toasted and chopped
- 1/2 cup pomegranate seeds
- 1/4 cup flat-leaf parsley, chopped
- 1/2 tsp ground cinnamon
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 2 tsp maple syrup

## Preparation

Preheat oven to 425 F.

Cut the acorn squash in half, scoop out the seeds, and then place the halves cut-side down on a baking sheet, greased with 1 tablespoon of coconut oil. Roast until soft (about 30 minutes).

Heat 1 tablespoon of coconut oil in a large skillet over medium heat. Add the onions and a pinch of salt and pepper and cook, stirring, until golden (about 15 minutes). Stir in cooked quinoa and add spinach.

Remove from heat and cover, just until the spinach wilts (about a minute or two). Add remaining ingredients to the skillet and stir to blend.

Remove squash from the oven. Scoop out part of the flesh, chop and then stir into the quinoa blend.

Use the halved squash as bowls for the salad.