

Warm Quinoa and Roasted Vegetable Salad

Vegan, gluten and refined sugar-free, soy free, and low glycemic

Salad Ingredients:

1 large red onion
1 pd butternut squash cut into 1 ½ inch cubes
14 oz brussel sprouts trimmed and cut in half
Fresh thyme or ½ teaspoon of dried thyme
2 tablespoons olive oil
Kosher salt and freshly ground black pepper
1 ¼ cup water
1 cup quinoa

Vinaigrette Ingredients

Juice of 1 lemon
1 minced clove of garlic
1 teaspoon Dijon mustard
Pinch of sugar
½ teaspoon kosher salt & black pepper
½ olive oil

DIRECTIONS

1. Preheat oven to 400 degrees
2. Rinse the quinoa well, and drain in a fine mesh strainer.
3. Using a medium saucepan, combine the rinsed quinoa with the water and salt
4. Bring to a simmer and cook, with the lid left open a crack, for about 15 minutes, until most of the water is absorbed - it may take a little longer, so just give it a few more minutes if you need to *When the quinoa is done, leave the lid on and set aside.
5. While the quinoa is cooking, place all of the vegetables on a large baking sheet, and drizzle generously with olive oil. Stir around to get it all evenly coated, and sprinkle with the salt and pepper. Break the thyme stems into smaller pieces, and scatter among the vegetables.

6. Roast in a 400° oven for about 30 minutes, stirring a couple times, until everything is cooked nicely, and can be pierced with the tip of a knife fairly easily.
7. While the vegetables are roasting begin to prepare vinaigrette, in a small bowl, whisk the lemon juice with the garlic, mustard, sugar, salt and pepper, until the salt and sugar are dissolved.
8. Whisk in the oil, in a thin stream to combine and emulsify the vinaigrette
9. When the veggies are tender and cooked through, take a serving bowl and layer the cooked quinoa in the bottom. Put about half of the veggies on top, making sure to remove the stems from the thyme, and gently combine the veg and quinoa. Then scatter the remaining vegetables over the top. Drizzle with a couple tablespoons of the vinaigrette.
10. Serve warm, and store leftovers in the fridge.