



# Autumn Quinoa Salad

**Great source of protein and veggies and full of fall flavor**

1 cup quinoa (uncooked)

1 cup roasted sweet potatoes (cubed)

½ cup dried cranberries

½ cup chopped kale or other leafy green

¼ cup pumpkin seeds

Dressing: Olive oil, apple cider vinegar or Dijon mustard, salt and pepper

Cook quinoa and let cool. Toss with roasted sweet potatoes, cranberries, kale and seeds. Mix dressing separately and drizzle before serving or storing.

Yield: 4 servings



**Julie Hartley, RDN**