

HARVEST HAPPINESS

It's harvest season for many, and there are lots of yummy things you can make from the garden. Here is one of my favorite salad recipes, high in protein, and great for the body!

HARVEST KALE SALAD

What you'll need -

- One butternut squash peeled, diced, roasted
- ½ tablespoon oil of choice
- salt and freshly ground pepper
- 1/2 cup quinoa or rice
- 2 cups chopped kale leaves
- Two small apples, pears, or figs sliced or diced

Toppings:

- ¼ cup dried cranberries
- ¼ cup pecans roughly chopped
- ⅓ cup reduced-fat crumbled feta cheese
- 2 tbsp nuts or seeds

For the apple cider vinaigrette:

- 3 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp maple syrup or honey
- 1.5 tsp Dijon mustard
- One garlic clove minced

To make it - Toss together, kale, quinoa, and oil. Then mix in butternut squash, and apples, add toppings, make the dressing by adding together your oil, apple cider vinegar, maple syrup, Dijon mustard, and garlic. Mix well, drizzle over, and enjoy!

