

# Wild Rice Butternut Squash Kale Salad



6 servings

Prep Time: 15 min Cook Time: 30 min

1 c. wild rice	2 T. pure maple syrup
3 c. water	2 T. balsamic vinegar
2 1/2 c. peeled & cubed butternut squash	1/2 t. sea salt
1 1/2 T. olive oil	1/2 t. black pepper
sea salt & freshly ground black pepper	3/4 T. chopped fresh rosemary
2 c. roughly chopped kale	1 clove garlic, minced
1/2 c. thinly sliced onions (any kind)	
1/2 c. dried cranberries	
1/4 c. olive oil	

Prepare dressing by pureeing all dressing ingredients (olive oil, maple syrup, balsamic vinegar, salt, pepper, rosemary and garlic) with an immersion blender. Bring 3 c. water to a boil. Add wild rice and simmer until water is absorbed (30-45 min).

Preheat oven to 425 degrees. Toss squash with olive oil, salt and pepper. Spread onto a baking sheet and roast for about 25-30 minutes, stirring once, until fork tender and beginning to brown.

In a large bowl, combine kale, onions, and cranberries. Stir in warm wild rice and squash so that the kale wilts slightly from the heat. Stir dressing into salad. Serve at room temperature. Best made a day ahead so that onions mellow.

## Nutrition Facts per serving

Calories 318 , Protein 6 g, Carbohydrate 48 g, Total Fat 13 g, Saturated Fat 2 g, Fiber 4 g, Sugar 16 g, Sodium 271 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.