



# Quinoa with Arugula, Butternut Squash, & Citrus Vinaigrette

Adapted From: [www.thespruceeats.com](http://www.thespruceeats.com)

Total: 35 mins

Prep: 15 mins

Cook: 20 mins

Yield: Serves 4 to 6

## Ingredients

- For the Salad:
- 2 tablespoons plus 1 teaspoon extra-virgin olive oil
- 1 1/2 pounds butternut squash (peeled, seeded, and cut into 1/2-inch cubes, about 3 1/2 cups)
- 1 cup quinoa (rinsed)
- 2 cups water (or vegetable stock)
- 2 cups baby arugula (rinsed and spun dry)
- For the Vinaigrette:
- 1 lime (juiced)
- 2 tablespoons fresh-squeezed tangerine juice
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon honey
- 1 large clove garlic (peeled, smashed, and finely chopped)
- 1 teaspoon cumin
- 1/2 teaspoon salt (Kosher or sea salt)

## Steps to Make It

1. Gather the ingredients.
2. Preheat the oven to 425 F.
3. Place the butternut squash cubes in a large roasting pan or baking dish and drizzle with 2 tablespoons of olive oil. Toss to coat. Spread the squash cubes into a single layer.
4. Roast for 20 to 25 minutes, stirring once or twice, until the squash is tender and beginning to brown. Remove from the oven and set aside.
5. While the squash is roasting, make the quinoa: Warm 1 teaspoon of olive oil in a heavy medium saucepan set over medium-high heat. Add the quinoa, stirring with a wooden spoon or spatula until toasted, about 1 to 2 minutes.
6. Add the water or stock, bring to a boil, then reduce the heat and simmer uncovered until the liquid is absorbed and the quinoa is tender, about 15 minutes. (When the quinoa is done, the grains will appear translucent, except for a whitish ring around the middle of each.)
7. Remove the quinoa from the heat, fluff with a fork, and transfer to a large bowl. Add the roasted squash, arugula, and toss together. (Don't worry if the heat from the quinoa wilts the arugula.)
8. In a small bowl or pitcher, whisk together the lime juice, orange juice, olive oil, honey, garlic, cumin, and salt.
9. Pour over the quinoa salad and toss well to coat. Garnish the salad with the pomegranate seeds (if using). Serve warm, at room temperature, or chilled. Enjoy!