



# Harvest Quinoa Salad with Maple Mustard Dressing

Prep Time 10 mins  
Total Time 30 mins  
Meal Type Lunch,Dinner,Side  
Contributed By



Source [Living Plate](#)

Servings 4



## Salad

### Ingredients

lb,c g,ml

- 2 lb butternut squash, *peeled, seeded, and cubed*
- 4 cup cauliflower, *florets chopped*
- 2 leeks, *rinsed and chopped*
- 1 cup quinoa, *rinsed*
- 2 cup vegetable broth, low-sodium
- 1 Tbs olive oil
- 1 cup pomegranate seeds
- 1/4 cup pepitas, raw (pumpkin seeds)

### Directions

#### Prep

1. Preheat oven to 400°F and line baking sheet with parchment paper.
2. Peel and chop the squash. Chop cauliflower into bite-size florets. Chop Leeks.

#### Make

1. Toss butternut squash, cauliflower, and leeks with oil, add to the baking pan, and roast in the oven for about 15-20 minutes until soft and slightly browned.
2. Meanwhile, add quinoa to a small saucepot and cover with broth. Bring to a boil, then cover and simmer for ~12-15 minutes until all the liquid is absorbed. Remove from heat and add to a large bowl.
3. When the vegetables are done roasting, add to the bowl of quinoa. Stir in pomegranate seeds and toss with dressing.
4. Top with pumpkin seeds before serving.

## Dressing

### Ingredients

lb,c g,ml

- 3 Tbs red wine vinegar
- 1/4 cup olive oil
- 1 tsp mustard, Dijon
- 1 tsp maple syrup
- 1 clove garlic, *minced or pressed*
- salt, *to taste*

### Directions

#### Make

1. Add all ingredients to a mason jar fitted with a lid and shake to combine.

## Notes

If pomegranate seeds are not available you can replace them with chopped red apple or roasted cherry tomatoes.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories	556	<b>Total Fat</b> 24.0g	36%	<b>Total Carbohydrates</b> 78g	25%
		Saturated Fat 3.5g	17%	Dietary Fiber 14g	55%
		Trans Fat 0.0g	0%	Total Sugars 16g	
per serving		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 14g	
		<b>Sodium</b> 149mg	6%		
		Vitamin D 0mcg 0% · Calcium 185mg 18% · Iron 6mg 31% · Potassium 1583mg 33%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

# Pan-Seared Lemon Salmon with Spinach and Lentils

Prep Time 10 mins  
 Total Time 10 mins  
 Meal Type Lunch, Dinner  
 Contributed By



Source [Living Plate](#)

Servings 4



## Ingredients

lb,c g,ml

- 1 1/2 lb salmon, *cut into fillets*
- 1 Tbs olive oil
- 2 lemons
- 2 cup spinach
- 1 1/2 cup lentils, canned (or other legume)

## Directions

### Prep

1. Zest and juice 1 lemon. Cut one into wedges for serving
2. Whisk together olive oil, lemon juice, and 2 teaspoons of zest.
3. Brush salmon with this mixture and sprinkle with pepper to taste.

### Make

1. Heat a medium non-stick skillet on medium heat. Drizzle with oil.
2. When pan is hot, place salmon fillets in the pan skin side down. Cover the top and let them cook for 4-5 minutes until cooked throughout. Flip them over for a few seconds to brown the top.
3. Remove from pan and add spinach and lentils - heat over low until spinach just wilted and lentils are warmed through.
4. Serve salmon over spinach and lentils with lemon wedges.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> 481 per serving		<b>Total Fat</b> 26.6g	40%	<b>Total Carbohydrates</b> 18g	6%
		Saturated Fat 5.7g	28%	Dietary Fiber 7g	28%
		Trans Fat 0.0g		Total Sugars 2g	
		<b>Cholesterol</b> 94mg	31%	<b>Protein</b> 42g	
	<b>Sodium</b> 114mg	4%			
Vitamin D 19mcg 187% · Calcium 52mg 5% · Iron 4mg 20% · Potassium 1015mg 21%					

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# Orange Ginger Overnight Oats

Prep Time 15 mins  
 Total Time 8 hrs  
 Meal Type Breakfast,Snack  
 Contributed By



Source [Living Plate](#)

Servings 2



## Ingredients

lb,c g,ml

- 1/2 cup Greek yogurt, plain
- 1 cup oats gluten free, if needed
- 1 cup almond milk, unsweetened or milk of choice
- 2 Tbs chia seeds
- 1 Tbs maple syrup
- 1 orange, *zested* (for 1 tablespoon orange zest)
- 1/2 tsp ginger root, fresh, *grated*
- 1/4 tsp cardamom, ground
- 1 Tbs pumpkin seeds for garnish
- 1 orange, *sliced* optional, for garnish

## Directions

### Prep

1. Zest orange for 1 tablespoon of zest.
2. Grate ginger.

### Make

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, orange zest, ginger, and cardamom. Add the top to the jar and shake.
2. Leave in the refrigerator for 4 hours or overnight.
3. Top with pumpkin seeds and orange slices or other fruit.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>388</b>	<b>Total Fat</b> 11.7g	17%	<b>Total Carbohydrates</b> 58g	19%
		Saturated Fat 2.1g	10%	Dietary Fiber 14g	54%
		Trans Fat 0.1g		Total Sugars 10g	
		<b>Cholesterol</b> 6mg	1%	<b>Protein</b> 16g	
		<b>Sodium</b> 122mg	5%		
Vitamin D 1mcg 13% · Calcium 493mg 49% · Iron 4mg 23% · Potassium 591mg 12%					

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## Grocery List

lb,c g,ml

### Dairy

- almond milk, unsweetened, 1 cup       greek yogurt, plain, 1/2 cup

### Produce

- butternut squash, 2 lb       cauliflower, 4 cup       ginger root, fresh, 1/2 tsp  
 leeks, 2       lemons, 2       orange, 2  
 pomegranate seeds, 1 cup       spinach, 2 cup

### Dry Goods

- cardamom, ground, 1/4 tsp       chia seeds, 2 Tbs       garlic, 1 clove  
 lentils, canned, 1 1/2 cup       maple syrup, 1 1/3 Tbs       mustard, dijon, 1 tsp  
 oats, 1 cup       olive oil, 6 Tbs       pepitas, raw, 1/4 cup  
 pumpkin seeds, 1 Tbs       quinoa, 1 cup       red wine vinegar, 3 Tbs  
 salt,       vegetable broth, low-sodium, 2 cup

### Meat/Fish

- salmon, 1 1/2 lb