



Pumpkin, Beet, and Quinoa Salad

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 cup pumpkin, chopped
- Salt and pepper, to taste
- Olive oil spray, as needed
- 4 cups kale, destemmed and chopped
- 2 Tablespoons water
- 1 Tablespoon olive oil
- 2 Tablespoons apple cider vinegar
- 1 teaspoon thyme, chopped
- 2 cups cooked quinoa
- 2 cooked beets, peeled and diced
- 1/3 cup dried cherries
- 1/3 cup walnuts, chopped

DIRECTIONS

1. Preheat oven to 400°F.
2. Line pan with parchment paper and place pumpkin on pan. Season with salt and pepper and spray lightly with olive oil.
3. Roast pumpkin in oven for 40 minutes. Remove from heat and let cool.
4. In a large skillet over medium heat, cook kale with water until it wilts. Remove from heat.
5. In a small bowl, whisk together oil, apple cider vinegar, and thyme. Season with salt and pepper.
6. Combine pumpkin, kale, quinoa, beets, cherries, and walnuts in a large bowl. Add the dressing and toss well to combine.

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 3mg	15%
Potassium 421mg	8%

*The % Daily Value 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.

Recipe developed by the San Antonio Botanical Garden

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