



# QUINOA SALAD WITH WINTER SQUASH & FETA

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# QUINOA SALAD WITH WINTER SQUASH & FETA

## INGREDIENTS

1½ cups mixed red and white quinoa  
1 small kabocha squash  
1 red onion  
4 tbsp extra-virgin olive oil  
Salt and ground pepper  
1/3 cup balsamic vinegar  
¼ cup pepitas (shelled pumpkin seeds), toasted  
1 cup packed baby arugula leaves  
2/3 cup crumbled feta or goat cheese

6 Servings

Calories 407

Protein 13 g

Total fat 20 g

Saturated fat 5 g

Carbs 45 g

Fiber 7 g

Total sugars 7 g

Added sugars 0 g

Sodium 83 mg

## INSTRUCTIONS

Cook quinoa according to package instructions.

Preheat oven to 400°F. Cut the squash in half and scoop out and discard the seeds. Slice into wedges, trim the peel from each wedge, and cut into 1-inch cubes. Trim and peel the onion and cut into wedges about ½ inch thick. Place the squash and onion on a large rimmed baking sheet, drizzle with 1 tbsp of the olive oil, and toss to coat. Season with salt and pepper. Roast, stirring once or twice, until the squash is tender when pierced with a fork, ~ 20 minutes.

In a large bowl, gently mix the squash, onion, quinoa, balsamic vinegar, remaining 3 tbsp olive oil, and pepitas. Fold in the arugula last. Top with the feta before serving.