

Roasted Butternut Squash, Kale & Cranberry Couscous

Recipe taken from Holly Clegg's Eating Well Through Cancer Cookbook

Naturally sweet butternut squash, crunchy kale, and tart cranberries mix with couscous for a dynamic recipe.

Serve hot, room temperature, or chilled.

Makes 6 (1 cup) servings

Ingredients:

4 cups cubed butternut squash

Salt & Pepper to taste

1 cup pearl couscous, cooked in water according to package

2 cups coarsely chopped kale leaves

3 tablespoons dried cranberries

¼ cup chopped walnuts, toasted

2 ounces crumbled goat cheese (optional)

Directions

- 1) Preheat oven to 425F. Line baking pan with foil and coat with nonstick spray.
- 2) Arrange squash on prepared pan; season to taste. Coat with nonstick cooking spray. Bake 15 minutes, stir, and continue baking for 10-15 minutes or until tender. Remove from oven.
- 3) In a large bowl combine cooked squash, cooked couscous, kale, cranberries, walnuts and goat cheese. Toss with Orange Vinaigrette (see below)

Orange Vinaigrette

Ingredients:

2 tablespoons apple cider vinegar

1 tablespoon olive oil

3 tablespoons orange juice

Directions:

- 1) In a small bowl, whisk together all vinaigrette ingredients.

