



Makes 6 servings

# FIG SALAD WITH FIG- BALSAMIC VINAIGRETTE AND QUINOA BRITTLE

## FOR DRESSING

- 1/3 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon sea salt
- Freshly ground black pepper to taste

## FOR SALAD

- 2 cups peeled butternut squash, cut to 1" cubes
- 2 tablespoons unrefined olive oil or coconut oil
- Sea salt and pepper to taste
- 3 heads mini romaine lettuce (or 1 large head), small leaves left whole and large leaves chopped
- 2 medium beets, roasted, peeled and cubed
- 12 dried figs (any variety), diced
- 4 ounces crumbled honey goat cheese

## INSTRUCTIONS

To make the dressing, place all dressing ingredients in a screw-top jar and shake until combined. Set aside.

Heat oven to 400<sup>o</sup> F and arrange the squash on a rimmed baking sheet lined with parchment paper. Toss to coat with oil and sprinkle with salt and pepper. Roast until tender and caramelized, about 20 to 30 minutes.

Arrange the romaine on a large platter or bowl and toss with enough dressing to lightly coat. Arrange the beets, figs, cheese or avocado on top of the greens and drizzle with more dressing. Top with quinoa brittle (recipe below) or serve on the side.



Makes 6 servings

# FIG SALAD WITH FIG-BALSAMIC VINAIGRETTE AND QUINOA BRITTLE

## FOR QUINOA BRITTLE

- 1/2 cup uncooked quinoa, preferably sprouted
- 2 tablespoons raw pumpkin seeds
- 2 tablespoons raw sunflower seeds
- 2 tablespoons raw sesame seeds
- 2 tablespoons raw chopped pecans
- 1 teaspoon fresh thyme leaves
- 1/2 teaspoon sea salt
- 1/4 cup brown rice syrup
- 1 tablespoon unrefined virgin coconut oil, melted

## INSTRUCTIONS

Preheat the oven to 325° F.

Line a small baking sheet with unbleached parchment paper. In a medium bowl, combine all ingredients except syrup and oil.

In a small mixing bowl, whisk together the brown rice syrup and coconut oil until well combined. Pour over the quinoa mixture and stir to combine.

Pour mixture onto baking sheet and spread into one even 1/4-inch layer using a dampened spatula if necessary. Bake for 20 minutes or until golden. Allow to cool, break into pieces.